Spiritual Choices & Decisions

Learn & Understand Spiritual Choices & Decisions

Acknowledgements

Christopher Liam Rose want to encourage readers that Spiritual Choices & Decisions is something that you will need to decide for yourself and this Spiritual Book is just a guidance to help you make more Spiritual Choices and Decisions.

Readers can make a choice and decision in what they want to do in life and Christopher Liam Rose don’t want the readers to feel that he telling them what to do in life.

All Spiritual Choices and Decisions is up to the readers this Spiritual Book is just a guide of learning and understanding Spiritual Choices and Decisions.

Sometimes in life the best Spiritual Choices & Decisions comes from your life experiences and sometimes you have to try something before you know if you made the right Spiritual Choice and decisions.

It is ok to try things and discover new things in life because life is a school which teaches us life lessons along our Spiritual Journey.

Please make the right Spiritual Choices and Decisions for yourself, family, children, love ones, relative, spouse, partner and use this Spiritual Book as a guidance.

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Chapter 1 - Why Is Spiritual Choices & Decisions Is Importance

Spiritual Choices and Decisions is very important in life because as human beings we make choices and decisions on how we going to live our lives and what we want our life to be in the world & society. Everything in life has to do with Spiritual Choices and decisions we make day to day in all part of our lives. If we make Spiritual choices and decisions to live our lives in a certain way, then our life experiences will reflect the Spiritual choices and decisions we have made based on our thoughts and thinking. Life is very previous and spiritual so we need to understand and learn how to make Spiritual choices and decisions that will help us in the futures.

All of human being's actions is based on spiritual choices and decisions you make daily and this will have affect within your future development.

If we want to be happy and joyful then we need to make spiritual choices and decisions that will increase our happiness and joy.

If we are feeling depression and miserable due to life experiences then we need to make spiritual choices and decisions to help our overcome our feelings and emotions.

If we want success, riches, achievements, accomplishments then we need to make spiritual

choices and decisions which will help to increase success, riches, achievement, accomplishments.

What I want the readers to understand is that your life experiences are based on spiritual choices and decisions.

The more spiritual choices and decisions you make to better your life and futures is the more actions you will take towards those goals.

I have mentions before in books that the future is created by what we do now within our lives and that human beings have the potential to achieve anything they want in life but we have to make sure we are making spiritual choices and decisions

10 Reasons why Spiritual choices and decisions is important

1) Your Actions will be based on the Spiritual choices and decisions you make today
2) Spiritual choices and decisions are important to every individual what we choose to decide will have effect on our life experiences
3) The Future is Created by your Spiritual Choices and Decisions
4) Spiritual choices and decisions shape your life experience
5) You have to want to live a better life for yourself which is based on Spiritual Choices and decision
6) Spiritual Change comes from Spiritual Choices and Decisions
7) Everything in life take Actions and the more mindful your Spiritual Choices and Decisions are the better your life will be

8) Spiritual Choices and decisions create your Spiritual Karma
9) Life Experiences are based on Spiritual Choices and Decisions
10) Spiritually Change your choices and decisions, Spiritually Change your life

Spiritual Choices Meaning - A spiritual choice is an intentional decision aligning your actions, thoughts, and life path with your deepest values, purpose, or a higher power (God, the Divine), involving choosing light over darkness, growth over stagnation, and purpose over distraction, thereby shaping your inner and outer reality. It's about making conscious decisions (like who to invest in, how to spend time, or major life changes) that foster spiritual growth and connection, differentiating it from purely worldly or selfish choices.

Spiritual Decisions Meaning - Spiritual decisions are choices made by aligning personal will with a perceived divine will, seeking guidance through prayer, scripture, meditation, or spiritual counsel to find purpose, grow closer to God/the divine, and live in a way that honours one's faith, involving discernment to understand feelings, seek wisdom, and trust a higher power's guidance for life's big and small paths.

The Importance of Learning & Understanding Spiritual Choices and Decisions

1) It is important to learn about Spiritual Choices and Decisions because your future will be created based on the Actions you take

2) Learning and understanding your life experiences will help you to make better Spiritual Choices and Decisions
3) Spiritual Choices and Decisions will affect your Spiritual Karma
4) Learning & Understanding is the key to Spiritual Transformation & Spiritual Change
5) Learning & Understanding is the only way you make better Spiritual Choices and Decisions
6) Life is met to be lived to be understood so your Spiritual Choices and Decisions will be based on what Life experiences you had in your life
7) Everything in life is learnt by human beings
8) Jehovah want you to make more Spiritual choices and decisions
9) The Future is Created now by your Spiritual Choices and Decisions
10) Actions are the Holy Grail of Life Development
11) The More you learn the better you understand
12) Life Is Precious & Short so make the Spiritual Choices and Decisions for your Future
13) Life is what you make it
14) The Future is Created Now

“Spiritual Choices” could mean a few different things depending on what you’re looking for. Here are a few possibilities—feel free to tell me which one fits:

1. A definition or explanation

“Spiritual choices” usually refers to decisions guided by your beliefs, values, intuition, or sense of purpose. These might include:

- Choosing a spiritual or religious path
- Deciding how to live ethically
- Choosing practices like meditation, prayer, or reflection

Aligning daily actions with deeper meaning

2. Guidance on making spiritual choices

If you're exploring how to make choices that feel spiritually aligned, we can talk about:

- Listening to intuition vs. external pressure
- Distinguishing fear from inner truth
- Values clarification exercises

3. A title

Maybe "Spiritual Choices" is meant as:

- A book or chapter title
- A poem or song
- A prompt for creative writing

- **4. A question**

Perhaps you're asking how to make spiritual choices or what they are.

"Spiritual Decisions" can mean a lot of things—choosing a path, discerning purpose, making value-based choices, or navigating inner conflict.

To support you well, could you share a bit more about what you're looking for? For example:

- Are you facing a specific spiritual decision?

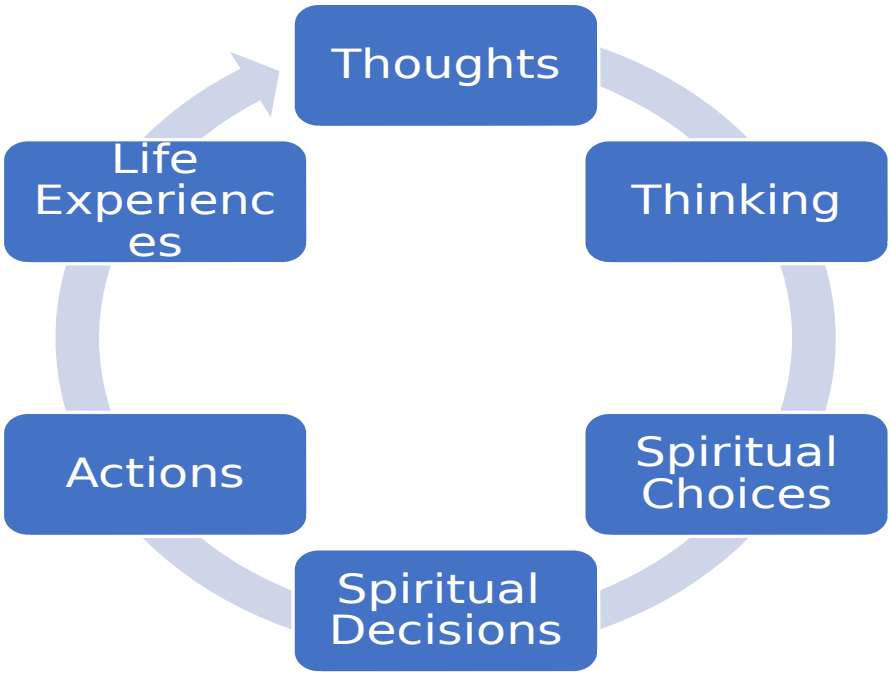
- Wanting guidance on how to make spiritually aligned choices?
- Exploring different spiritual paths or beliefs?
- Seeking clarity, peace, or meaning?

It important to understand that your Spiritual choices and decisions will create your future and your destiny. Everything in life is based on Spiritual Choices and Decisions you make every daily.

If you want your life to Spiritual Change then your Spiritual Choices and Decisions become very important

Life is always moving into the future and your Spiritual Choices and Decisions are creating your future through your Actions

The Process of Spiritual Choices and Decisions



1) Thoughts – This will be a Thought that comes in your mind

2) Thinking – You will be thinking about the thought that comes in your mind

3) Spiritual Choices – Depending on your thoughts and thinkings you will make a spiritual choice if you want to intentionally act on that thought or thinking

4) Spiritual Decisions – In your mind you will make a Spiritual Decisions to take action on the thought and thinking

5) Actions – Your Actions will be based on the thought – thinking – spiritual choices – spiritual decisions – actions

6) Life Experiences – Your Actions will create your Life experiences

The importance thing in this chapter to learn and understand is that Spiritual Choices and Decisions is how your life will Spiritual Change if you want to have the life of your dreams and desires you need to take Spiritual Actions to achieve it which is based on your thoughts and thinking.

Nothing in life cannot be summon without first being in your mind first through your thoughts and thinking.

If you find a way to change your thoughts and thinking then your life will change.

Spiritually Change your Thoughts and Thinking – Spiritually Change your life

Please remember readers that Spiritual Choices and Decisions is important in life development.

You only live life once so make the best Spiritual Choices and Decisions now.

Chapter 2 - Spiritual Thoughts & Spiritual Thinking

Spiritual Choices & Decisions always starts with your thoughts and thinking. When you want to make a Spiritual choices and decisions within your life you first need to think of the thoughts and think about what would be the best spiritual choices and decisions for yourself.

Your Mind is very spiritual and powerful because all of your thoughts and thinking comes from the mind. If you want to make more Spiritual choices and decisions within your life you first need to understand your thoughts and thinking.

Spiritual Thoughts and Spiritual Thinking will help you to make better Spiritual Choices and Decisions.

If you have Spiritual Thoughts and have Spiritual Thinking then your Spiritual Choices and decisions will be based on Faith & Spirituality.

I have said if you want to Spiritually Change your life you need to Spiritually Change your Thoughts and Thinking.

Everything in your life has comes from your thoughts and thinking so if you want to make Spiritual choices and decisions then you need to have Spiritual Thoughts and Spiritual Thinking.

To have Spiritual Thoughts and Spiritual Thinking you need to understand the importance of Spiritual Change of Psyche and Psychological Mind.

Spiritual Change your Psyche and Psychological Mind is how you Spiritually Change your Thoughts & Thinking.

If you have experience Suffering – Pain – Adversities within your life then your Thoughts and Thinking will be based on Negativity – Suffering – Pain – Adversities – Depression – Past Trauma.

If you want to Spiritual Change your life then your Psyche & Psychological Mind need to go through Spiritual Change of Faith & Spirituality.

Psyche Meaning - the human soul, mind, or spirit

Psychological Mind Meaning - The "psychological mind" refers to our inner world of thoughts, feelings, motives, and experiences, while psychological-mindedness is the ability to understand these inner states in oneself and others, recognizing links between past, present, actions, and emotions for deeper insight. It's about seeing behaviour as meaningful, not just physical, and understanding the underlying needs, conflicts, or intentions, allowing for self-examination and empathy.

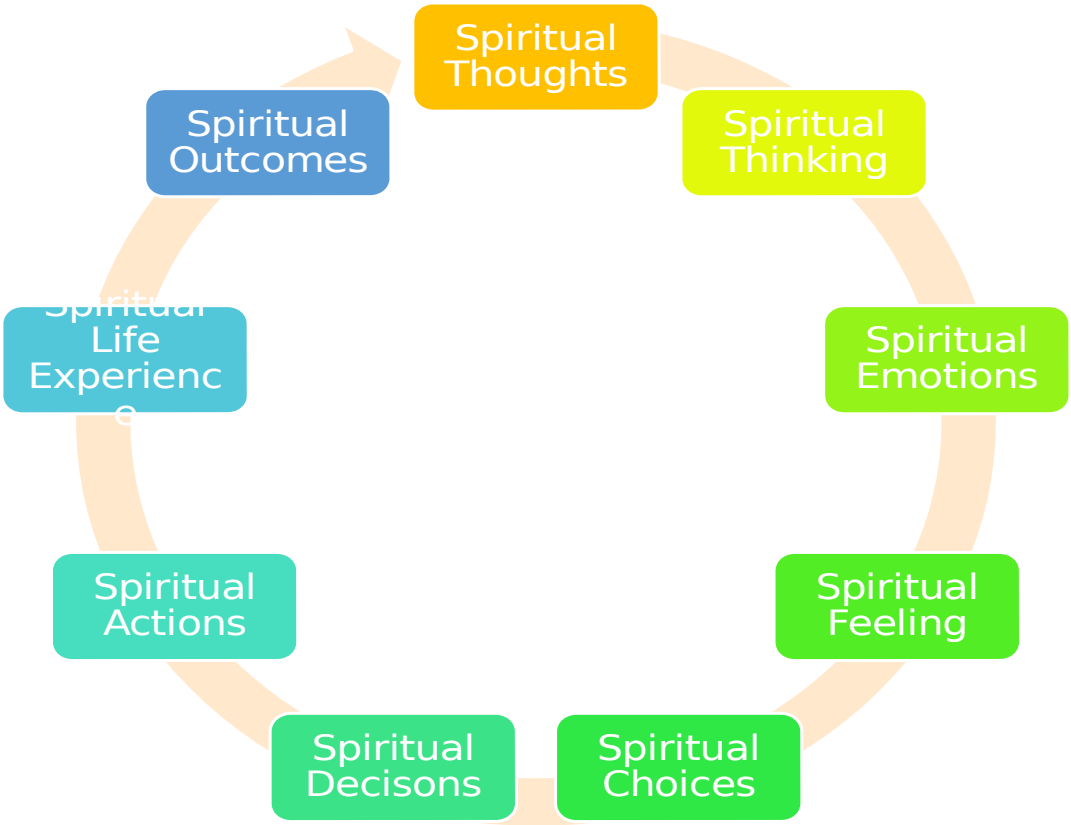
Once you have Spiritual Change your Psyche & Psychological Mind then your Thoughts and Thinking will Spiritually Change.

To make Spiritual Choices and Decisions your Psyche & Psychological Mind need to go through a Spiritual Awakening and Spiritual Transformation.

Spiritual Choices and Decisions can be developed in human beings when you become more faithful, truthful, spiritual.

If you don’t change the Psyche and Psychological Mind within your life then you can never develop Spiritual Thoughts and Spiritual Thinking.

The Process of Spiritual Thoughts & Spiritual Thinking



1) **Spiritual Thoughts** – Spiritual Ideas and Spiritual Thoughts that comes into your Mind. Spiritual

Thoughts are mindful, faithful, spiritual, truthful Thoughts

2) **Spiritual Thinking** – Spiritual Thinking and Spiritual Processing Spiritual Thoughts & information to help to thinking Spiritual Choices and Decisions.

3) **Spiritual Emotions** – Spiritual Emotions are connected to your Spiritual Thoughts & Spiritual Thinking your Spiritual Emotions will make you feel Positive or Negative.

4) **Spiritual Feeling** – Spiritual Emotions will help you to find how your Spiritual Feelings. Your Feelings & Emotions will help you to make Spiritual Choices & Spiritual Decisions for your life.

5) **Spiritual Choices** – Making a Spiritual Choices to take a certain Spiritual Actions within your life.
6) **Spiritual Decisions** – Spiritual Decisions to Spiritually Act on Spiritual Choices and Decision. When you have Spiritual Decided then you will take a Spiritual Actions.

7) **Spiritual Actions** – These are the Spiritual Actions you take from understanding your Spiritual Choice and Decision from your Spiritual Feelings and Spiritual Emotions.

8) **Spiritual Life Experiences** – Spiritual Actions you take will lead to your Spiritual Life Experiences. If your Spiritual Choices and decisions are Spiritually

then it will be mindful, faithful, truthful, spiritual life experiences you go through.

9) **Spiritual Outcomes** – This is the Spiritual Reflections of Spiritual Life Experiences, Spiritual Decisions, Spiritual Choices. Spiritual Outcomes will be the result of your Spiritual Karma. If your Spiritual Actions are mindful, you will have Positive Spiritual Karma. If your Spiritual Actions is Unmindful, you will have Negative Spiritual Karma.

Readers, please remember all your Spiritual Actions comes from you Thoughts & Thinking which will affect your feelings and emotions.

The Importance of Spiritual Thoughts & Spiritual Thinking

1) Spiritual Thoughts & Spiritual Thinking will make you Spiritual
2) Faith – Spirituality – Religion can be understood through Spiritual Thoughts & Spiritual Thinking
3) If you want to Spiritually Change Your Thoughts & Thinking then you Spiritually Change your life
4) Spiritual Thoughts & Spiritual Thinking helps to make Better Spiritual Choices and Decisions
5) Spiritual Change will Spiritually Transform the Psyche & Psychological Mind.
6) You need to understand the importance of Spiritual Thoughts and Spiritual Thinking to make Spiritual Choices and Decisions

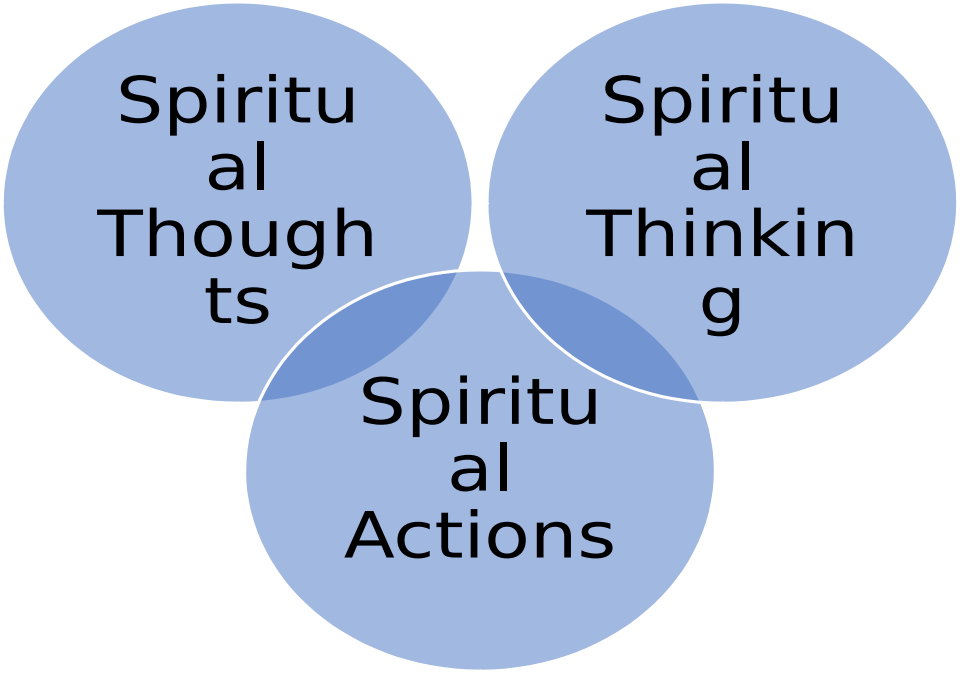
7) Your Spiritual Life Experiences is based on Spiritual Actions which comes from Spiritual Thoughts & Spiritual Thinking
8) If you want your life to change then you need to change your thoughts and thinking
9) Spiritually Change your Thoughts & Thinking will Spiritually Change your Psyche & Psychological
10) The only when to end Suffering – Pain – Adversities is when you Spiritually Change your Psyche & Psychological Mind which is Spiritually Changing your Thoughts & Thinking
11) Spiritual Awakening is Spiritual Transformation of Psyche & Psychological Mind
12) Jesus Christ – Jehovah – Buddha want you to Spiritually Change your Psyche & Psychological Mind
13) Spiritually Changing Your Psyche & Psychological Mind will Renew Your Mind to Faith – Spirituality – Religion
14) Spiritual Thoughts & Spiritual Thinking will help you to Help Other People & Give Back
15) Spiritual Thoughts & Spiritual Thinking will change The Self to No Self
16) Spiritually Change of Psyche and Psychological Mind is Spiritual Transcend of The Self to No Self
17) Spiritual Change will help you discover No Self & Selflessness within Psyche & Psychological Mind
18) Your Spiritual Actions will change from Spiritual Changing your Thoughts & Thinking

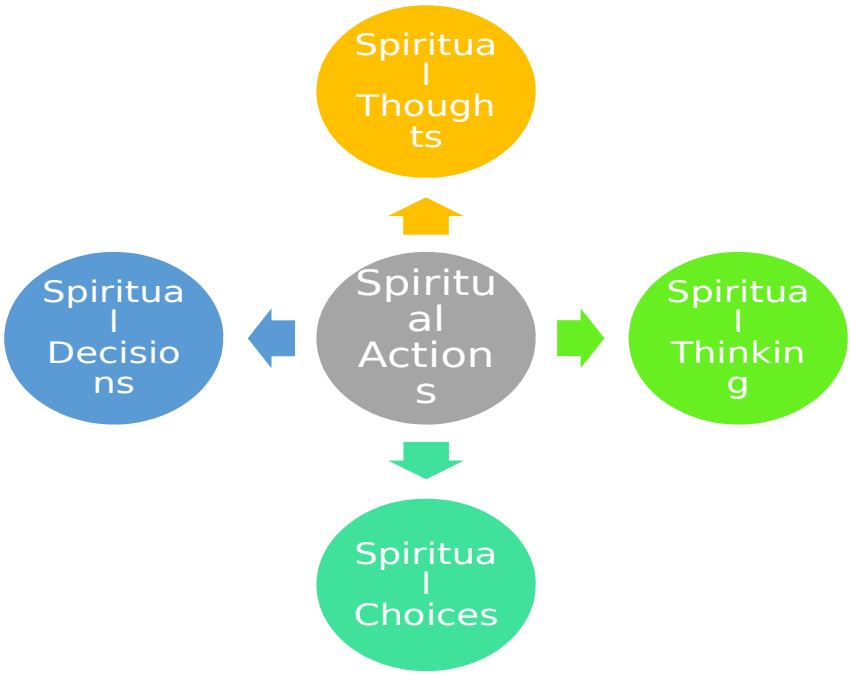
Readers, I want you to understand that Spiritual Thoughts & Spiritual Thinking will help you make Spiritual Choices and Decisions

Everything starts in the mind so make sure you make Spiritual Choices and Decisions to better your life experiences.

Focus on the right Spiritual Thoughts & Spiritual Thinking – Make better Spiritual Choices and Decisions.

You can live your dream life if you understand the important of Spiritual Thoughts and Spiritual Thinking.




Spiritual Thoughts
Spiritual Decisions
Spiritual Actions
Spiritual Thinking
Spiritual Choices

Chapter 3 - Your Spiritual Life Experiences Is Created by Your Spiritual Choices & Decisions

It is very important to understand that your Spiritual life experiences is created by your Spiritual Choices and decisions. All of your life experiences are a causes and effects from the Spiritual Choices and Decisions you decided to do within your life.

If you make correct right mindful Spiritual choices and decisions then you will have Positive Spiritual Life Experiences. If you make wrong unmindful Spiritual Choices and decisions, you will get Negative Spiritual Life Experiences.

Your Spiritual Life Experiences is your Spiritual Karma of all the Spiritual Actions you have taken in your life up to this point.

There is no such thing as a right or wrong choices and decisions because life don’t have a label to what you have experience within your life.

But you can understand your Spiritual Life Experiences from the Results and Outcomes you get from making that Spiritual Choices and Decisions.

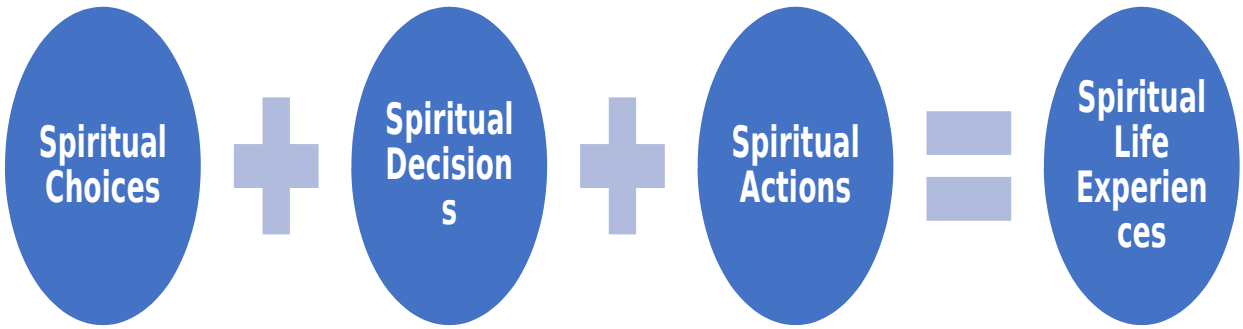
Readers If you understand that your choices and decisions have a causes and effect on your life experiences, you become very mindful and cautious on the Spiritual Actions you take within your life.

- **Spiritual Choices and Decisions lead to Spiritual Actions**

- **Negative Spiritual Choices and Decisions Leads to Negative Spiritual Actions**

- **Positive Spiritual Choices and Decisions Leads to Positive Spiritual Actions**

The Process of Spiritual Choices and Decisions with Spiritual Life Experiences



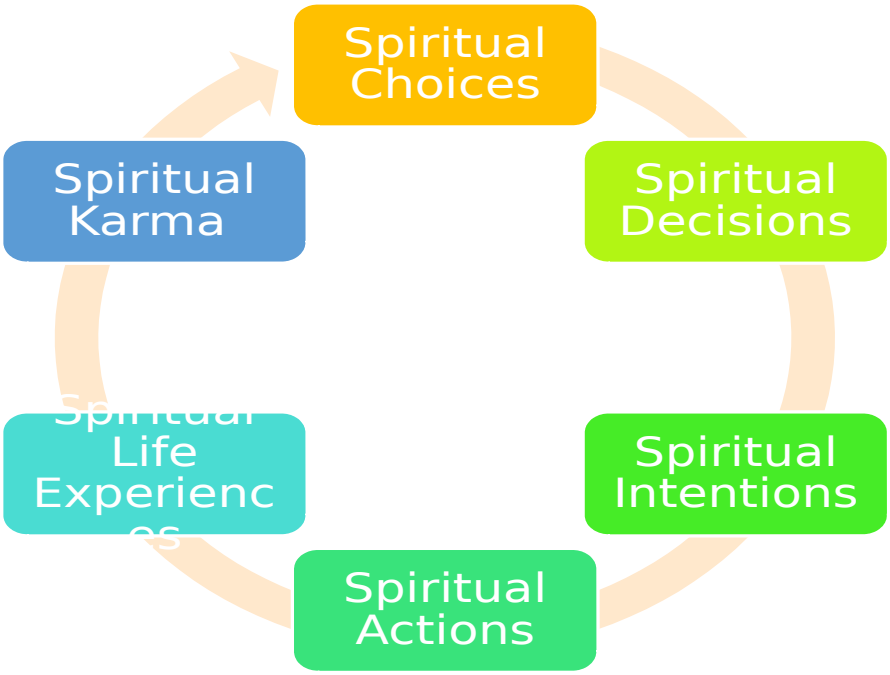
Your Spiritual Karma is a Reflection of your Spiritual Choices and Decisions you decided when you take Spiritual Actions.

Spiritual Actions leads to your Spiritual Life Experiences

If you Spiritually Change your Actions you will Spiritually Change your Life Experiences.

Spiritual Choices and Decisions will give you the Spiritual Intentions to take Spiritual Actions which will lead to Spiritual Life Experiences.

The Process of Spiritual Karma & Spiritual Life Experiences



1) **Spiritual Choices** – This is making a Spiritual Choice to Act on Something within your Mind. Spiritual Choices help you to make a Spiritual Decisions

2) **Spiritual Decisions** – This is Making a Spiritual Decision from a Spiritual Choice you have made to decided something important for your life.

3) **Spiritual Intentions** – This is having a Spiritual Intent on a Spiritual Decision & Spiritual Choice you have made for your life.

4) **Spiritual Actions** – This is Spiritual Actions you are going to take within your life through the Spiritual Intentions.

5) **Spiritual Life Experiences** – Your Spiritual Actions will lead to your Spiritual Life Experiences.

6) **Spiritual Karma** – Your Spiritual Life Experiences will be a Spiritual Results and Spiritual Outcomes of your Spiritual Karma. Spiritual Causes and Effects from the Spiritual Actions you have decided to do within your life.

The Importance of Your Life Experiences Is Created by Your Spiritual Choices & Decisions

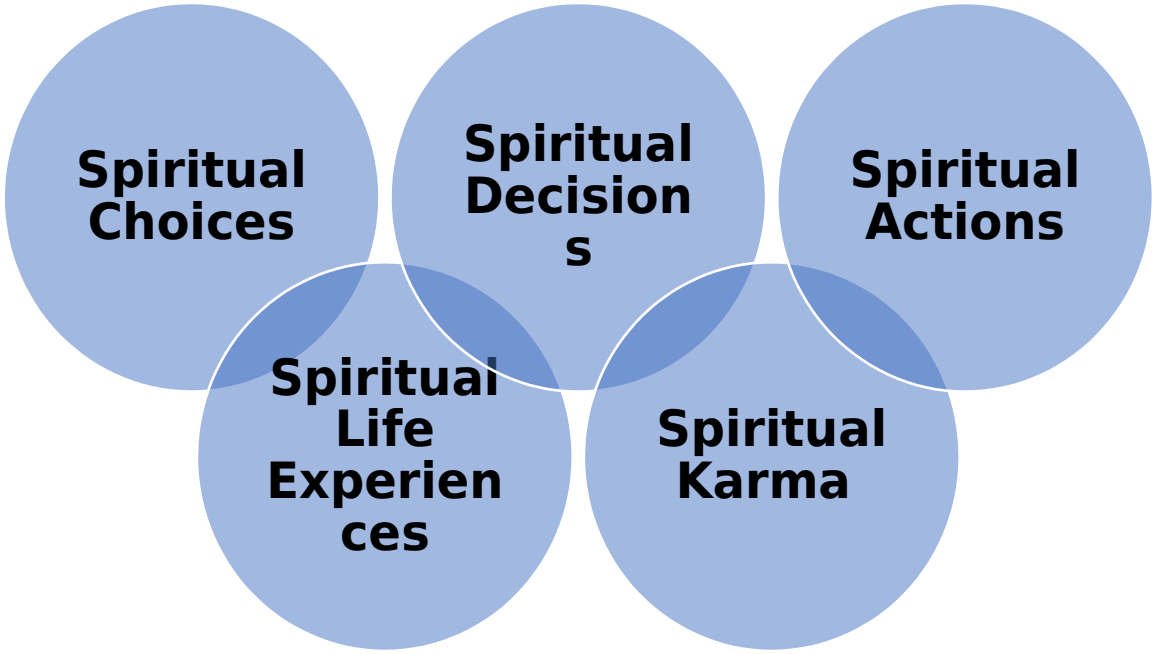
1) Your Spiritual Life Experiences is Created by Your Spiritual Choices and Decisions
2) Spiritual Actions will lead to your Spiritual Karma
3) Every Spiritual Choices and Decisions has Spiritual Causes and Effects
4) You can only learn if you made the right Spiritual Choices and Decisions through your Spiritual Life Experiences
5) If you Spiritual Change your Spiritual Actions you will Spiritual Change your Spiritual Life Experiences
6) Spiritual Karma is a Spiritual Results and Spiritual Outcomes of your Spiritual Actions

7) Your Spiritual Life Experiences is Created today through Spiritual Choices and Decisions

8) Learning to take the right Spiritual Choices and Decisions become very important for Spiritual Life Development

9) Jesus Christ – Jehovah – Buddha wants you to understand the Spiritual Choices and Decisions you make

10) Your Life Experiences is your Spiritual Karma



Readers, please remember that your Spiritual Life Experiences is created by Spiritual Choices and Decisions. The more mindful, faithful, truthful, spiritual your Spiritual Choices and Decisions our, the more you will have amazing Spiritual Life Experiences and have an awakened Spiritual Karma.

- Every Spiritual Life Experiences comes to Spiritual Choices and Decisions

- You can only see your Spiritual Life Experiences through Spiritual Actions
- Everything as Spiritual Causes and Effects which is your Spiritual Karma
- Choose & decided the right Spiritual Choices and Decisions, Spiritually Change your Spiritual Life Experiences
- Life Is What You Make It – Spiritually Change Your Life – Spiritually Change Your Spiritual Karma

Chapter 4 - Spiritual Choices

Your Spiritual Choices in life has effect on the Spiritual Decisions you make in life. Everything in life comes from a Spiritual Choices and Decisions.

In life how you live your life can make the difference between Good Spiritual Karma or Bad Spiritual Karma.

It is important to realise that Spiritual Choices are mindful choices you make about your life and these Spiritual Choices will affect your Spiritual Decisions and Spiritual Actions you take in life.

Past Choices and Decisions cannot be change because it already within space and time.

Present Choices and Decisions can be affected by what you decided and your intentions

Future Choices and Decisions cannot be predicted as we don’t know where our Present Choices and Decisions will lead us in life.

The Important thing about Spiritual Choices is that you have a choice how you want to live your life and who you want to become in life this is very important to realise and because Jehovah as given us the choice of Free Will we can create a life that we truly want to live and become the person we have dreamed and desired to be.

Spiritual Choices helps to make Spiritual Decisions which leads to Spiritual Intentions and Spiritual Actions.

The Better your Spiritual Choices are, the better Spiritual Decisions you make.

Sometimes in life we make choices and decisions based on the Knowledge & Wisdom we have at the time which affect all of our Spiritual Life Experiences.

It is important to realise that ***life has to be lived to be understood*** so some of the Past Choices and Decisions you make will have to be Spiritual Life Lessons to teach you things about life & nature.

Spiritual Choices is everything in life and the most Spiritually Mindful you are about your choices and decisions the more Spiritual & Faithful your life will be.

Jesus Christ – Jehovah – Buddha wants as to make the right Spiritual Choices and Decisions in life.

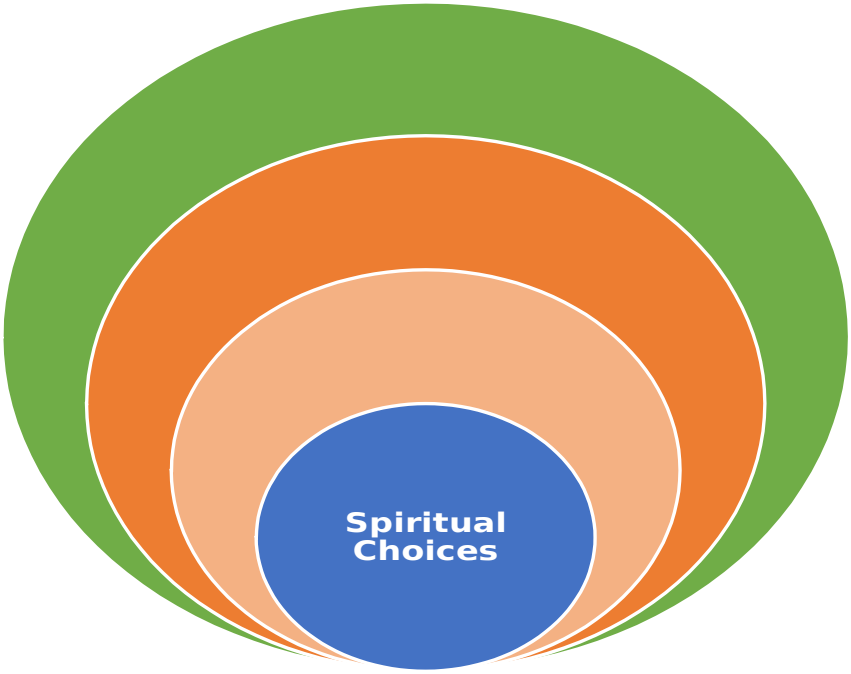
Choice Meaning - an act of choosing between two or more possibilities

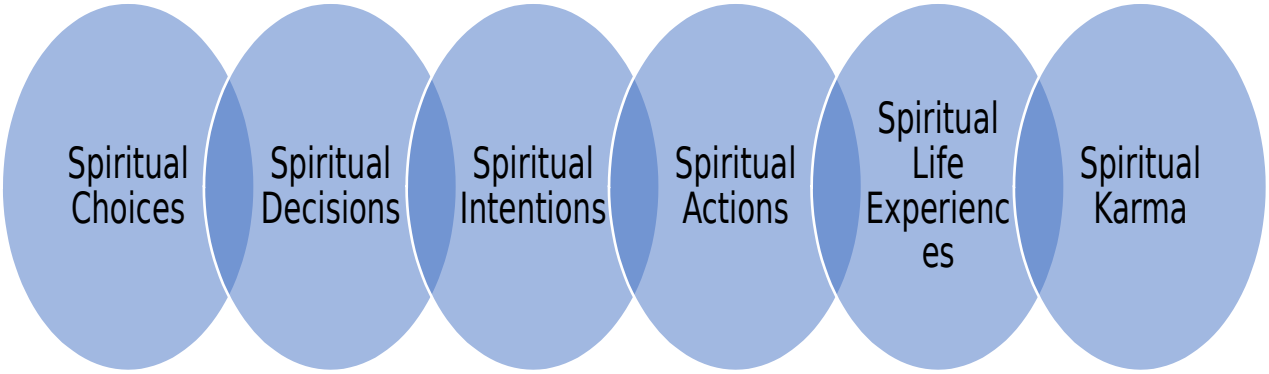
Spiritual Choice Meaning - A spiritual choice is a conscious decision that aligns your actions, thoughts, and heart with your deepest beliefs about the divine, purpose, or higher self, moving you closer to spiritual growth, fulfilment, and connection, rather than away from it.

Readers, I want you to see the difference between just Choice & Spiritual Choice.

Choice is just act of choosing between two or more possibilities

Spiritual Choice is a deeper conscious choice which aligns with your actions, thoughts, hearts, deepest beliefs.





The Importance of Spiritual Choices

1. Spiritual Choices will help you to make Spiritual Decisions
2. Spiritual Choices is the key to Spiritual Transformation
3. Spiritual Choices is what will Spiritually Change your life
4. Mindful Spiritual Choices will lead to Good Spiritual Karma
5. Unmindful Spiritual Choices will lead to Bad Spiritual Karma
6. Spiritual Choices and Decisions affect all parts of your Life
7. Spiritual Choices will have effect on Spiritual Intentions and Spiritual Actions
8. Only you can make the right Spiritual Choices for your life
9. Jesus Christ – Jehovah – Buddha want you to make Spiritual Choices and Decisions
10. Faith & Spirituality comes from Spiritual Choices and Decisions
11. Your Spiritual Karma Is your Responsibility
12. Every Spiritual Choices and Decision will affect your Spiritual Life Experiences
13. You will need to discover the right Spiritual Choices for yourself, family, love ones, children

10 Reasons Why It Is Important to make Spiritual Choices

1. **Provides Inner Peace**
   Spiritual choices help calm the mind and heart, reducing stress, fear, and anxiety.

2. **Gives Life Meaning and Purpose**
   They guide you toward understanding *why* you exist and what truly matters beyond material success.

3. **Builds Strong Moral Values**
   Spiritual decisions encourage honesty, compassion, forgiveness, and integrity.

4. **Strengthens Emotional Resilience**
   Faith and spiritual grounding help people endure hardship, loss, and uncertainty with hope.

5. **Encourages Self-Discipline**
   Choosing spiritual principles helps control harmful habits and promotes healthy living.

6. **Improves Relationships**
   Spiritual choices foster love, empathy, patience, and respect toward others.

7. **Promotes Personal Growth**
   They challenge individuals to reflect, learn, and become better versions of themselves.

8. **Guides Wise Decision-Making**
   Spiritual awareness helps people choose what is right over what is easy or tempting.

9. **Creates a Sense of Community**
   Shared spiritual values connect people and build supportive relationships.

10. Offers Hope Beyond Circumstances

Spiritual choices provide comfort and assurance, even when life feels uncertain or difficult.

Readers what I want you to understand from this chapter is that your Spiritual Choices is very important for your Spiritual Decisions and Spiritual Actions in life.

Focus on making the right Spiritual Choices and you will make the right Spiritual Decisions.

Learn from Failures and Life Experiences and use the information you gain as Knowledge & Wisdom.

You can Spiritually Change your life through Spiritual Choices and Decisions.

Your Spiritual Life Experiences is made up of the Spiritual Choices and Decisions you make in everyday life.

If you want your life to change and become more Spiritually Free and Liberated that you need to make Spiritual Choices and Decisions that will help your life become better.

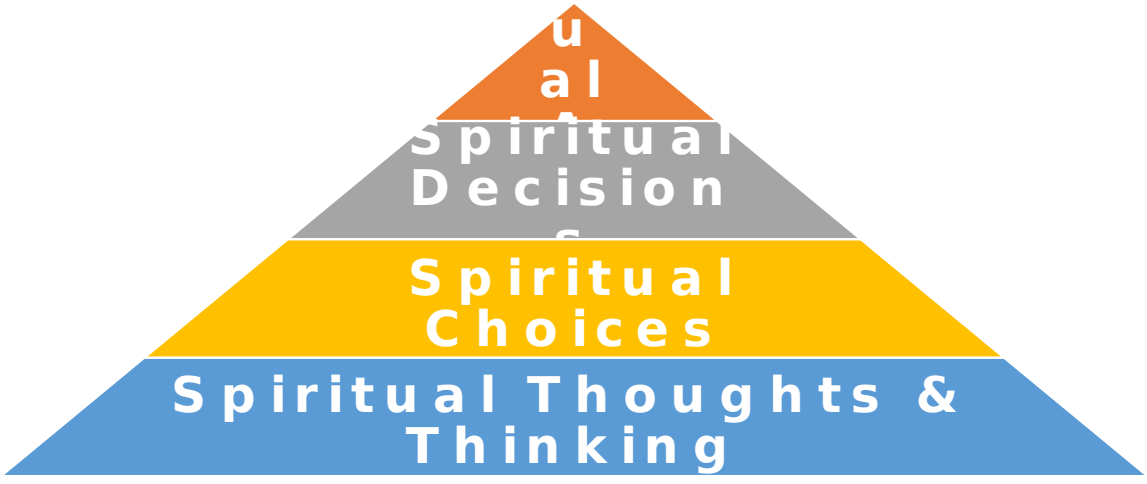
Spiritual Choices and Decisions is a habit you can created with your mind and your psyche.

Every time you need to make a choice and decision about something in your life think of your Spiritual Life Purposes and Spiritual Alignment. Will this choice and decisions help me to become a better human being or is it something that will lead me into struggles or difficulties.

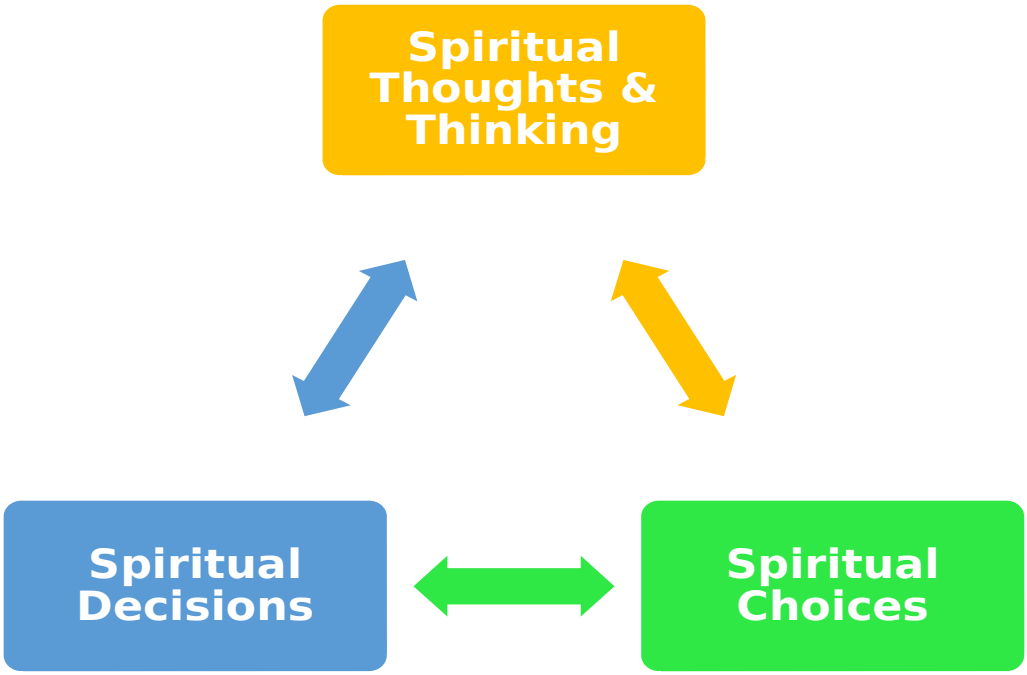
Spiritual Choices and Decisions come from you.

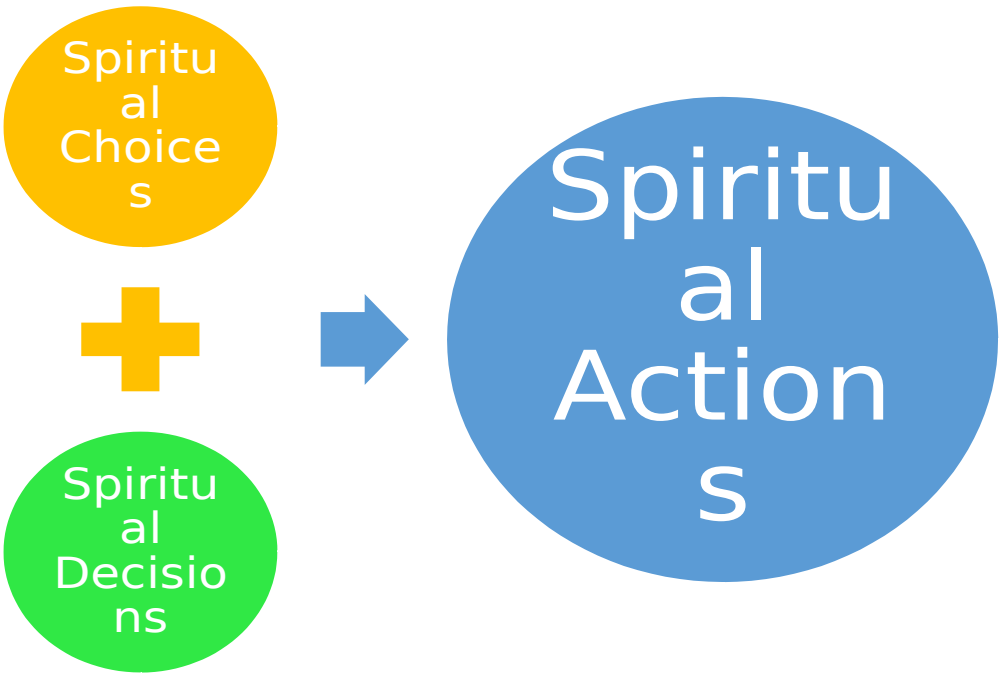
You can change your life today through the Spiritual Choices and Decisions you make daily.

If you want to live a more meaningful and fulfilled life then you need to make more mindful Spiritual Choices and Decisions.



Readers remember your Spiritual Choices and Decisions will come from your thinking and thoughts first so you need to make sure you mind is stable and your able to make clear Spiritual Choices and Decisions.





The Process of Spiritual Choices and Spiritual Decisions

1. Self-Awareness and Reflection

Looking Within: Often, spiritual decisions begin with a sense of inner questioning—"Who am I?", "What is my purpose?", or "What do I believe in?". This can happen after a life event, such as a personal struggle, a loss, or a moment of clarity.

Reflecting on Values: What do you value most in life? What feels right to you spiritually? It’s about identifying what aligns with your sense of peace, love, or meaning.

2. Seeking Guidance or Inspiration

External Sources: Some may turn to religious texts, spiritual leaders, mentors, or communities for guidance. Others might look to philosophy, meditation, or nature to spark deeper understanding.

Inspiration Through Practice: Sometimes, spiritual decisions come through practices like meditation, prayer, journaling, or moments of solitude. These are times when you might feel connected to something larger than yourself, giving your insight or direction.

3. Exploration of Different Paths

Exploring Beliefs: It's normal to explore different belief systems, philosophies, and teachings before committing to one. You might study different religions, spiritual practices, or even secular philosophies. This helps you determine what resonates with you the most.

Trial and Error: Spirituality can involve experimentation—trying different practices, rituals, or ways of thinking until something feels authentic to you.

4. Decision-Making and Commitment

Choice of Alignment: After reflecting and exploring, you begin to make decisions about which spiritual path feels true to you. This could be a commitment to a certain religion, a specific set of spiritual practices, or simply living in a way that aligns with your values.

Commitment: This can also be a process of dedicating yourself to spiritual growth and evolving your spiritual understanding over time. The key is aligning your everyday life with your spiritual decisions.

5. Integration into Life

Living the Decision: Spiritual choices become part of how you live day-to-day. This could involve incorporating prayer, meditation, mindfulness, or simply living with more intention.

Ongoing Growth: Spiritual decisions are rarely “final.” There’s often an ongoing process of growth and re-evaluation. As you evolve, your spiritual choices and practices may evolve with you.

6. Challenges and Doubts

Questioning: Doubts are normal. As you move through life, you may experience moments of uncertainty or discomfort with your spiritual decisions. This can be a healthy part of growth, as it can lead you to reexamine, adjust, or strengthen your spiritual path.

Spiritual Struggles: Everyone has moments when they face spiritual challenges. Whether it's grappling with difficult questions or navigating moments of loss or fear, these are part of the journey. Often, the process of grappling with challenges leads to deeper understanding and personal transformation.

7. Support and Community

Being Part of a Community: Many people find strength in a spiritual or religious community. Whether that's a church, a meditation group, or even a circle of like-minded friends, having support can deepen your commitment and help you stay grounded in your spiritual practice.

Shared Experiences: Having people to share your spiritual experiences and questions with can be incredibly valuable. It can help affirm your path and give your perspective during challenging times.

8. Continuous Re-evaluation

Adapting to Life's Changes: Your spiritual path might change with age, life experiences, or new learnings. That's natural. Spirituality is often more about the journey than a fixed destination.

Openness to Change: Being open to new experiences, beliefs, and understandings is key to spiritual growth. Spiritual decisions may evolve with your ongoing self-discovery and life journey.

Common Challenges in Making Spiritual Decisions

1. Conflicting Influences: You may have family, friends, or societal expectations that conflict with your spiritual choices. It can be tough to decide whether to

follow what you believe is right for you, or to fit in with others.

2. Fear of Judgment: Spiritual decisions can feel personal, and sometimes there’s fear of being judged or misunderstood, especially if your choices are unconventional or outside the norm.

3. The Fear of Being Wrong: When it comes to matters of the soul or deeper purpose, it’s normal to feel a sense of uncertainty. The idea of choosing the "wrong" spiritual path can cause anxiety, but it’s important to remember that your path can evolve and grow over time.

4. Pressure to Choose Quickly: Sometimes, there’s pressure to make decisions about your spiritual life when you’re still figuring things out. Take your time—spirituality is a lifelong journey.

The Process of Good Spiritual Karma

The Process of Bad Spiritual Karma

Chapter 5 - Spiritual Decisions

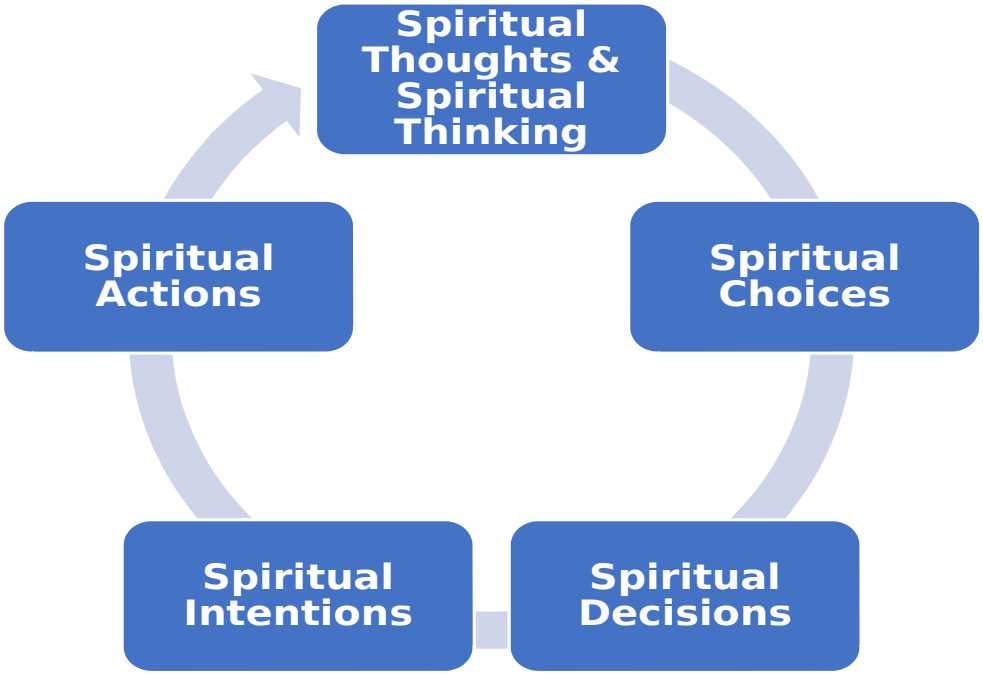
Spiritual Decisions is very important to learn for taking Spiritual Actions. Your Spiritual Choices and Spiritual Decisions will lead to your Spiritual Life Experiences.

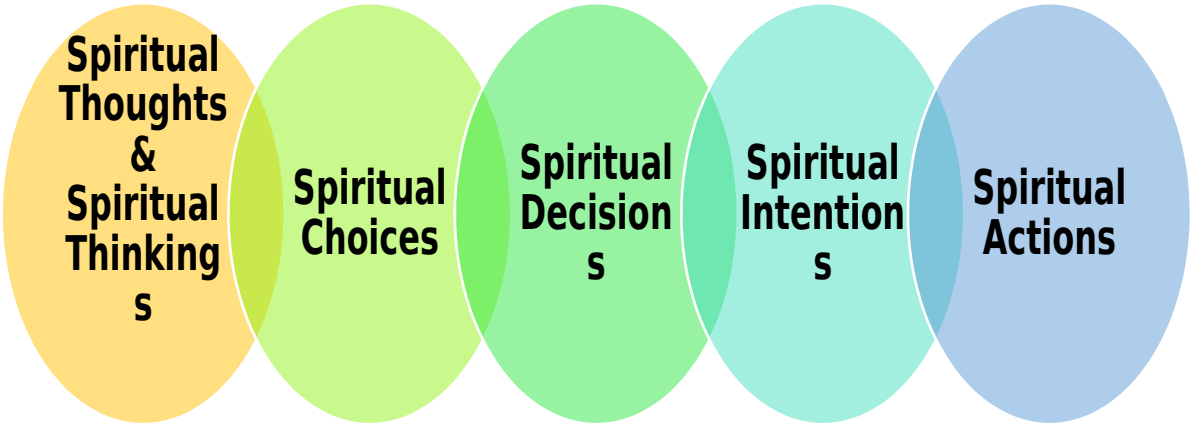
Learning to understand the Spiritual Choices you make within your life will help to learn more about the Spiritual Decisions.

Your life can not change without Spiritual Choices and Spiritual Decisions.

It is very important to learn the important of a Spiritual Decisions within life because this will lead to all Spiritual Life Experiences & Spiritual Actions.

Your Spiritual Choices and Spiritual Decisions make up your Spiritual Life Experience.





Spiritual Thoughts & Spiritual Thinkings will help to create Spiritual Choices and Spiritual Decisions this will lead to Spiritual Intentions and Spiritual Actions.

Spiritual Choices and Spiritual Decisions will make your Spiritual Life Experiences.

The Importance of Spiritual Decisions

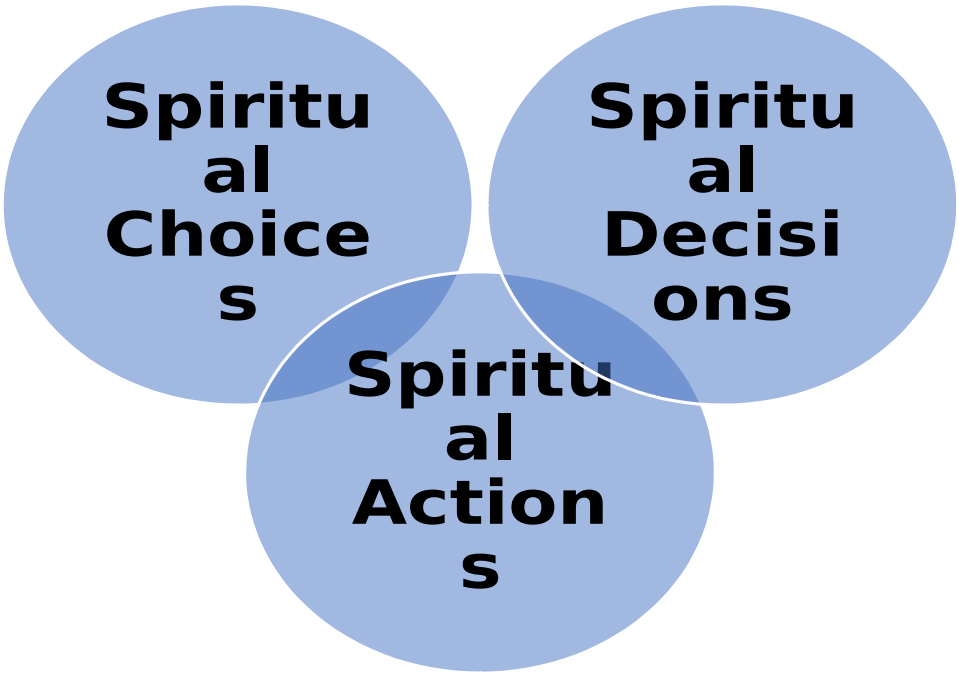
1. Spiritual Decisions will lead to Spiritual Intentions and Spiritual Actions
2. Spiritual Decisions make up your Spiritual Life Experiences
3. You cannot change your life without Spiritual Choices and Spiritual Decisions
4. Everything in life is about your Spiritual Choices and Spiritual Decisions
5. Spiritual Decisions will help you to Move Forward
6. The More Mindful your Spiritual Choices and Decisions are the Better Spiritual Karma you will receive

7. The More unmindful your Spiritual Choices and Decisions are the Worse Spiritual Karma you will receive
8. Everything in life is based on Spiritual Choices and Spiritual Decisions
9. If you want to move forward in life, make the right Spiritual Choices and Spiritual Decisions
10. Jesus Christ – Jehovah – Buddha want you to make Spiritual Choices and Decisions
11. Your Spiritual Choices and Decisions will show your Spiritual Life Experiences
12. Spiritually Change Your Life – Spiritually Change Your Thoughts & Thinking
13. Spiritual Choices and Spiritual Decisions will lead to Spiritual Freedom and Spiritual Liberation
14. Spiritual Enlightenment comes from Spiritual Choices and Decisions
15. Jesus Christ – Jehovah – Buddha want you to Spiritually Contribute to Humanity – Animals – Universe which you can only do through a Spiritual Choices and Decisions
16. Your Life will not change Spiritually until you have decided to Spiritually Change your life
17. Spiritual Choices and Spiritual Decisions lead to the work of Ministries and Helping Other People & Giving Back

18. Until you have decided to change your Psyche and Psychological you would be able to make Mindful Spiritual Choices and Decisions
19. Spiritual Decisions turn you into a Spiritual Leaders within the world & society
20. The most important thing about Spiritual Choices and Decisions is Spiritual Change

The Process of Good Spiritual Karma

The Process of Bad Spiritual Karma



The Importance and Process of Spiritual Choices and Decisions

Spiritual choices and decisions shape the direction, meaning, and integrity of a person's life. Unlike everyday decisions that often focus on convenience or short-term outcomes, spiritual decisions are rooted in values, beliefs, purpose, and a sense of connection to something greater than oneself—whether understood as God, truth, humanity, or inner conscience.

Importance of Spiritual Choices

Spiritual choices are important because they:

- **Define character and values**: Repeated spiritual decisions form habits that shape who we become—compassionate or indifferent, honest or deceptive, humble or proud.

- **Provide meaning and direction**: They help individuals align their lives with a deeper purpose beyond material success or social approval.
- **Guide moral behaviour**: Spiritual decisions often influence ethical conduct, helping people choose what is right rather than what is easy.
- **Promote inner peace and resilience**: Choosing forgiveness, gratitude, faith, or hope can bring emotional stability and strength during hardship.
- **Impact others and future generations**: Spiritual decisions rarely affect only the individual; they influence families, communities, and cultural values.

The Process of Spiritual Decision-Making

Spiritual decision-making is usually intentional and reflective. Common steps include:

1. **Awareness**
   Recognizing that a situation has spiritual or moral significance, not just practical consequences.
2. **Reflection and Self-Examination**
   Examining one's motives, desires, fears, and values. This may involve silence, meditation, prayer, or journaling.
3. **Seeking Guidance**
   Turning to sacred texts, spiritual teachings, mentors, religious leaders, or trusted community members for wisdom and perspective.
4. **Discernment**
   Weighing options carefully, considering long-term spiritual consequences rather than immediate gratification.

5. **Decision and Commitment**
   Making a conscious choice and committing to act on it, even when it requires sacrifice or courage.
6. **Evaluation and Growth**
   Reflecting on the outcome of the decision to learn, grow spiritually, and refine future choices.

How Your Spiritual Choices and Decisions will lead to Spiritual Change – 5 Spiritual Practices – 5 Levels of Helping Other People

- Jesus Christ – Jehovah – Buddha want you to make a Spiritually Contribute towards Helping Other People & Giving Back
- Spiritual Change Your Thoughts & Thinking and Spiritual Change Your Life
- 5 Spiritual Practices & 5 Levels of Helping Other People is part of Spiritual Choices and Spiritual Decisions
- Spiritual Change comes from Spiritual Choices and Decisions

In this chapter will talk about 5 Spiritual Practices and 5 Levels of Helping Other People which comes from Spiritual Choices and Spiritual Decisions.

5 SPIRITUAL PRACTICES (5SP)

5 SPIRITUAL PRACTICES (5SP)

1) **Prayer**

2) **Meditation**

3) **Mindfulness**

4) **Walking**

5) **Journalling**

5 LEVELS OF HELPING OTHER PEOPLE (5LOHOP)

1) **Volunteering (Good Level in Helping Other People)**

2) **Jobs - Careers - Employment (Great Level in Helping Other People)**

3) **Business - Entrepreneurship (Highest Level in Helping Other People)**

4) **Faith - Spiritual (Spiritual Level in Helping Other People)**

5) **Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)**

To learn the 5 Spiritual Practices and 5 Levels of Helping Other People you would need to go through Spiritual Change within the Psyche and Psychological Mind.

Spiritual Choices and Spiritual Decisions should lead you to 5 Spiritual Practices and 5 Levels of Helping Other People.

If you discover the important of Spiritual Choices and Spiritual Decisions – Spiritually your life will change and become renew within Faith – Spirituality – Religion. This is what we call the Spiritual Transformation of Psyche & Psychological Mind when you are not focus on The Self but No Self & Selflessness.

Only a few human beings can ever discover No Self & Selflessness because it comes from Spiritual Choices and Decisions.

In this chapter I have written that Mindful Spiritual Choices and Spiritual Decisions lead to Good Spiritual Karma which is Spiritual Actions.

Unmindful Spiritual Choices and Spiritual Decisions lead to Bad Spiritual Karma which is Spiritual Actions.

Your Spiritual Life Experiences is based on your Spiritual Karma.

Only you will know if your Spiritual Actions lead to Good or Bad Spiritual Karma based on Spiritual Life Experiences.

Everything is always Moving Forward when you look at the Skys and the Clouds you see that Space and Time are Moving Forward into the Future of Life. Everything is Moving Forward which cannot be avoid or change by Human Beings.

Jehovah – Jesus Christ – Buddha want you to make Spiritually Contributes within Life Now and like I have said before we don’t live to Hundreds, Thousands,

Millions, Billions of years to do what we are Spiritually Called to do.

Everything in life comes from Spiritual Choices and Spiritual Decisions. Weather right or wrong we are making Spiritual Choices and Spiritual Decisions every day in life whether we think about it or not.

It up to you to learn from this Spiritual Guide Book – Do you want to make Mindful Spiritual Choices and Decisions or Do You want to make Unmindful Spiritual Choices and Decisions.

Life Is What You Make It – Focus on what important for you today

We only have two options to find in life that we truly live

1) Spiritual Choices and Decisions – Spiritual Karma – Mindful
2) Spiritual Choices and Decisions – Spiritual Karma – Unmindful

You are the created of your Spiritual Life Experience but Jehovah – Jesus Christ – Buddha Spiritually Guide human beings who make a Spiritual Choice and Spiritual Decisions to live faithful, truthful, spiritually within daily life.

The Truth about Spiritual Choice and Decisions is your Spiritual Daily Life

If your Living Changes then your Life Changes

Right now, within society and world many millions of people will never make a Spiritual Choice and Decisions to want to better their life and find something that give meaning and value.

I am not saying just because you have life experience which are successful or not that this doesn’t become important in life.

Life has a hidden spiritual meaning and value when you Spiritually Change within life and your life become a life of Spiritual Difference, Spiritual Contributions, Spiritual Impact, Spiritual Significance.

If you want to find the Spiritual Meaning and Value within Daily Living you will have to live Spiritually, Truthfully, faithfully within fears or worries about past life experiences.

Something about life that I learn a very long time ago when I was younger going through serious Spiritual Life Experiences is that we cannot change the past. So, no matter what choices and decisions you made in the past they can never be change and there no point of worries about past life experiences that have already gone by through space and time.

No human beings have a very simple straight line life experiences where no life problems or situations or circumstances happen within your life.

When we realise that Life is calling you to Spiritually Contribute – Helping Other People – Helping Animals – Helping Universe.

Then everything that comes from The Self or Selfish motivations becomes meaningless not valuable don’t not matter.

If you don’t make the Spiritual Choices and Decisions to contribute today which means now within life no matter if you had a Great Life Experience or Negative Life Experience then you cannot find the hidden meaning or life itself.

Jehovah – Jesus Christ – Buddha has always from the very beginning of space and time asked human beings when are you going to contribute. What difference are you going to make? Where is your impact or significance to others? What legacy are you leaving behind? Will you ever contribute to someone else other than yourself and your family?

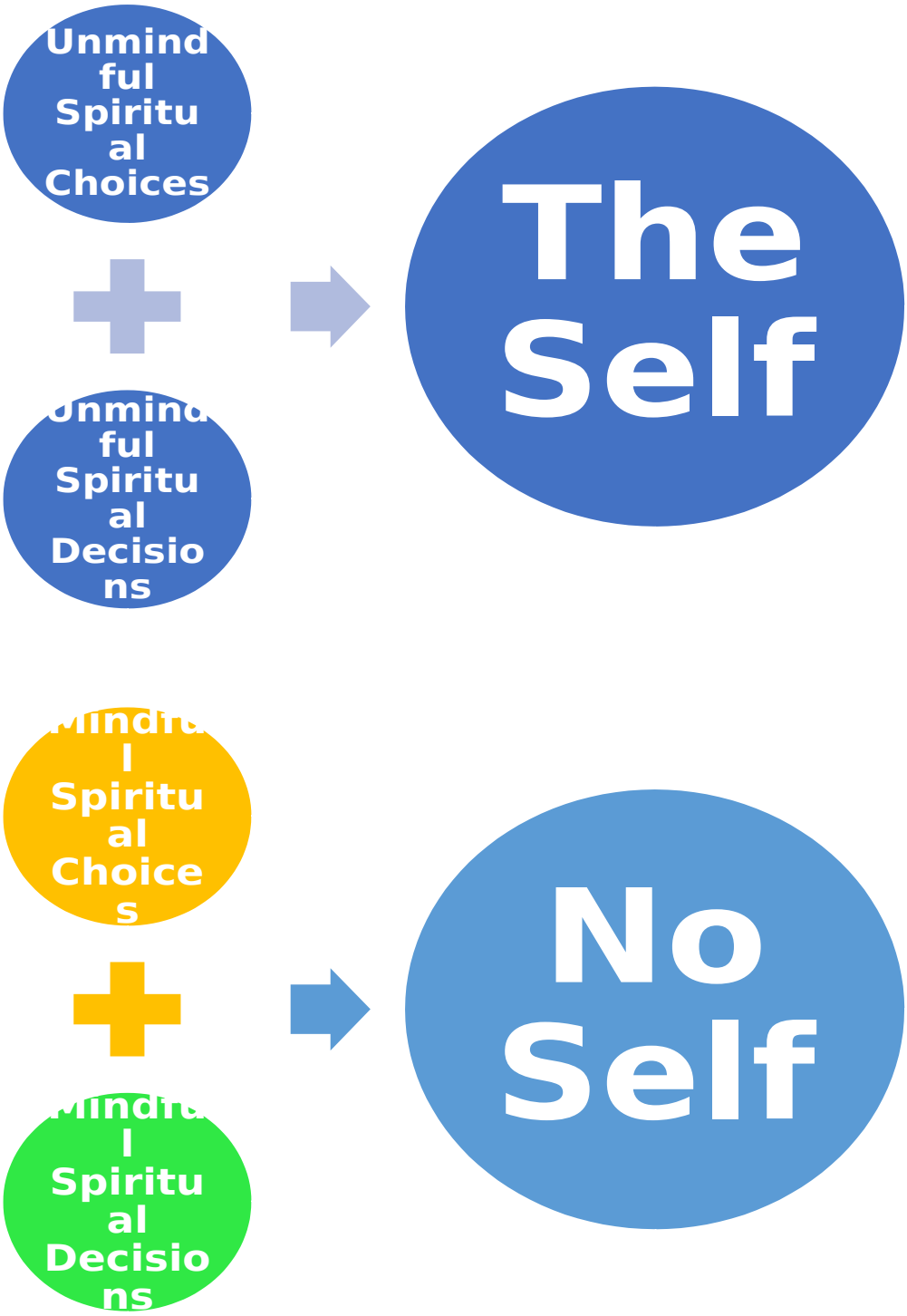
We can only know the truth spiritual secrets of life if we CHOOSE and DECIDED to Spiritual Change.

Once we have Spiritual Change then all our life experiences will change.

You will have opportunities that human beings are spending all their life trying to find within their life but because of The Self and Selfish motivates they never discover the Truth.

Truth is something which is hidden in life – No – You can find your Own Truth by being a Source of Inspiration to Helping Other People – Giving Back – Helping Animals – Helping Universe.

If you don’t spiritually change yourself – How do you think you will help other people



Spiritual Change will lead to discovering No Self & Selflessness within Daily Living. When your Spiritual Choices and Decisions have alignment to Spiritual Calling and Spiritual Life Purpose then you discover 5 Spiritual Practices and 5 Levels of Helping Other People.

No Self & Selflessness comes from Mindful Spiritual Choices and Decisions.

Chapter 6 - Learning From Spiritual Choices & Decisions

Learning from Spiritual Choices and Decisions is very important in life for your Spiritual Development. All Spiritual Choices and Decisions bring understanding and wisdom. If you are able to learn and process the Spiritual Choices and Decisions you make it life you become more mindful and wiser. Spiritual Choices and Decisions will make the difference between Success & Failure. In life we all have the choice and decision to choose how we want to live our life and develop ourselves as human beings. Everything in life is moving forward into the future and what Spiritual Choices and Decisions we make today will lead to our future.

No human being really knows what is their life destiny other than Jehovah (God) of all creations but what we can learn and understand is that all Spiritual Choices and Decisions we make in our life will lead to our future.

Life is very precious and short and we only have one life to live while we are on earth. How you live your life really matters when it comes to Spiritual Choices and Decisions.

If you learn that Faith – Spirituality – Religion become the most important thing in life to discover then we can learn and understand that are Spiritual Choices and Decisions will make up our Spiritual Life Experiences.

All human beings have unique gifts and talents inside of them which is important to discover and learn and when we find something in life that give us meaning and value then our Spiritual Choices and Decisions will be made from our Spiritual Morals, Values, Beliefs.

Faith – Spirituality – Religions has certain laws and principles we need to live by in order to see the Truth within our lives this is very important to learn.

If you want your life to become better and more fulfilling than you need to be conscious about Spiritual Choices and Decisions you make every day.

Everything as causes and effects in life if you help other people and give back. More people will help you and support you with your dreams and desires.

Your Spiritual Choices and Decisions will lead to Good Spiritual Karma or Bad Spiritual Karma.

When we are born into life a Baby doesn’t know what is right or wrong because a Baby is born into earth.

What we need to understand is that life is a school with billions of life lessons which need to be learnt.

Spiritual Choices and Decisions come with Spiritual Knowledge and Spiritual Wisdom.

You will see your Spiritual Life Experiences from Spiritual Choices and Decisions.

Everything in life has a Beginning – Middle – End and how you live your life matters in Spiritual Eternity.

Because we are moral human beings with mind – body – soul who are all destined for death and to pass away.

Our lives on earth become very important and Jehovah – Jesus Christ – Buddha want us to make Spiritual Choices and Decisions.

Faith – Spirituality – Religion – Nature has a divine purpose and order to it which we can discover when we discover our Faith & Spirituality and make more Spiritual Choices and Decisions.

It is important to learn that life is asking us to give something to life and Jehovah is calling you to live your Spiritual Life Purpose and Spiritual Calling.

All Human Being has a Spiritual Divine Assignment to do on earth while they are alive and this is very important to discover in life because all human beings will experience death and passing away.

Life is short – we only have one life to live on earth so everyday matter while you're alive and when we become more Spiritually conscious of our Spiritual Choices and Decisions, we can start to create our future and become the person we want to be.

Life is Spiritual everything is Spiritual Energy

Spiritual Choices and Decisions is aligned to Spiritual Energy and Spiritual Laws of Jehovah.

If we make more mindful Spiritual Choices and Decisions we will live more truthfully and faithful.

Faith & Spirituality is everything in life and only a few people really discover their Dharma and Spiritual Life Purpose.

To understand your Spiritual Choices and Decisions you must Spiritually understand your life.

Everything that has happened in your life is a result of your choices and decisions. Positive Things and Negative Things has all come from your choices and decisions.

If we understand that we the Author of our Spiritual Life Experience

We our human being living a Spiritual Experiences

Then your Spiritual Choices and Decisions become everything

Think about it – There is not one thing in your life that you haven't created yourself. Everything in life your Spiritual Life Experiences has come from your Thoughts and Thinking.

Dreams and Desires normally come from your Thoughts and Thinkings.

Positive Life Experiences comes from Thoughts and Thinking

Negative Life Experience comes from Thoughts and Thinking

You are the person who can transform your life and become everything you want to be by understanding and learning that your Spiritual Choices and Decisions will make up your Spiritual Life Experience.

You are the Author of your life and every single day you are writing the pages of your life through Spiritual Choices and Decisions.

Sometimes when we have made wrong Spiritual Choices and Decisions the manifestation of this is Suffering – Pain – Adversities – Frustration – Angry – Hurt – Resentment.

Life doesn't tell you that you made wrong Spiritual Choices and Decisions but Life does show you the manifestation of how it affects your life.

That is the secret of life that Spiritual Choices and Decisions will always be showed through Spiritual Life Experiences, Results, Outcomes.

Every human being has a past life which they may have made good or bad Spiritual Choices and decisions what you should pay attention to is how is your life now due to the good or bad Spiritual Choices and Decisions you have made.

When we come into life there is no manual to explain how to live your life, it is something we are discovering through everyday life but we can learn is that our Spiritual Choices and Decisions will lead to our Spiritual Life Experience.

The more you think about Mindful Spiritual Choices and Decisions. The more your life will go through Spiritual Change and Spiritual Transformation.

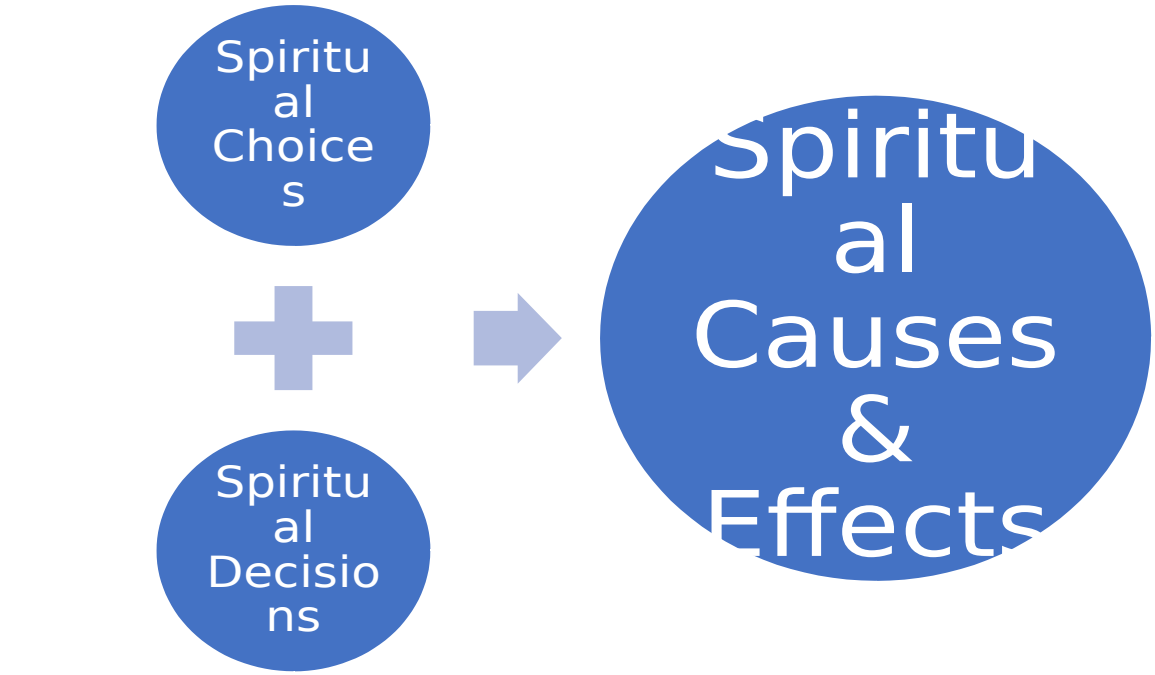
Normally in life we choose certain things we want in life but what we need to think about is this the Spiritually Right choice and decision at this time.

Nothing should every be rushed in life because we make mistakes when we are not clear about our Spiritual Choices and Decisions.

Spiritual Thoughts and Spiritual Thinking is a process of life. If you develop 5 Spiritual Practices – 1) Prayer – 2) Meditation – 3) Mindfulness – 4) Walking – 5) Journalling then you will start to learn more about yourself and understand your Spiritual Choices and Decisions.

Spiritual Change Your Thoughts and Thinking – Spiritually Change Your Life.

If you want to discover Faith – Spirituality – Religion – Nature – Truth in life then you need to Spiritually change your Thoughts and Thinking which will lead to more Spiritual Choices and Decisions.

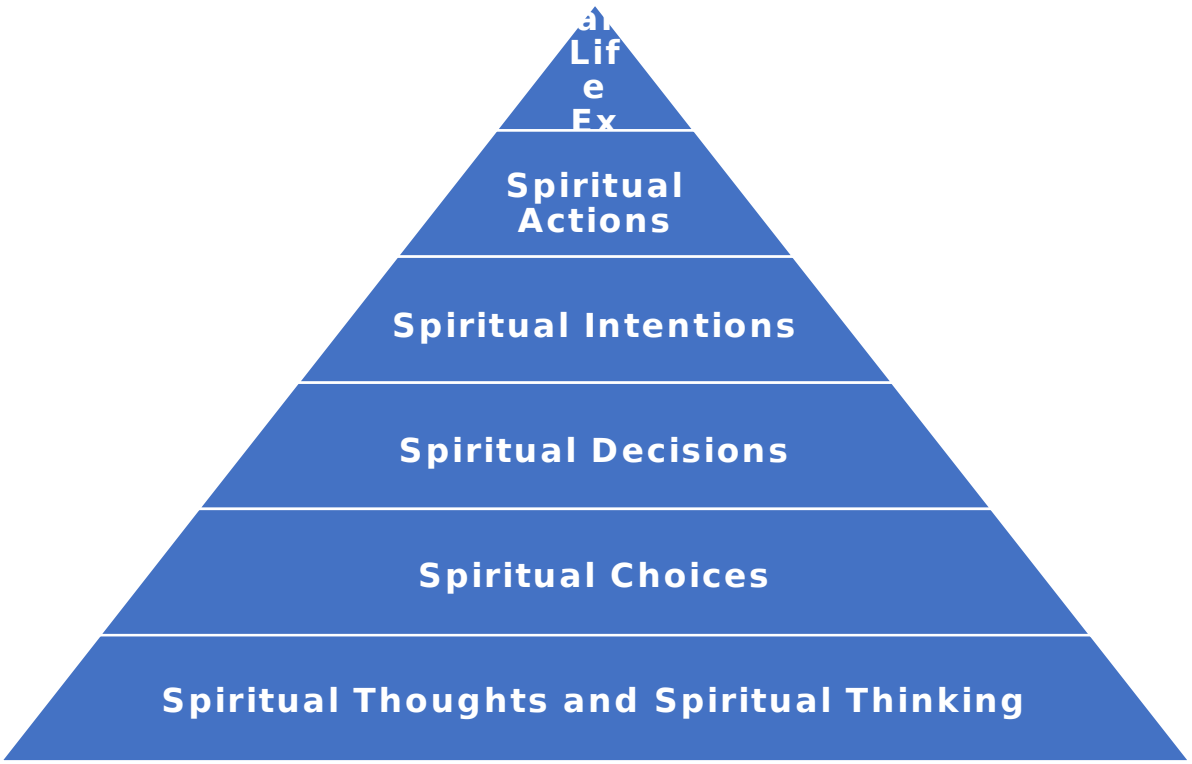

Spiritual Choices
Spiritual Decisions
Spiritual Causes & Effects

Mindful Spiritual Choices
Mindful Spiritual Decisions
Good Spiritual Karma

The Importance of Learning from Spiritual Choices and Decisions

1. Learning from Spiritual Choices and Decisions is important for understand and learning Spiritual Life Experience
2. Learning provide Spiritual Knowledge and Wisdom
3. You can only understand life through Learning and Understanding
4. Spiritual Life Experiences will show you in life if you made Mindful Spiritual Choices and Decisions or Unmindful Spiritual Choices and Decisions
5. Life is always Moving Forward – You need to learn and Move Forward
6. Spiritual Choices and Decisions is the importance of Faith – Spirituality – Religion – Nature
7. You cannot change your past you can only learn from Spiritual Choices and Decisions
8. Spiritual Life Experiences is a reflect of your Spiritual Choices and Decisions
9. Spiritual Freedom and Spiritual Liberation come from Mindful Spiritual Choices and Decisions

10. Learning is Spiritual Education
11. You have to live life to understand life – Life needs to be live to be understood
12. Faith – Spirituality – Religion comes from 5 Spiritual Practices
13. Know Thyself – No Self – Selflessness is Faith – Spirituality – Religion – Nature
14. Spiritual Energy is Everything in life
15. Jehovah – Jesus Christ – Buddha want you to Learn from Spiritual Choices and Decisions
16. Understanding – Learning – Knowledge – Wisdom is Spiritual Awakening
17. Mindful Spiritual Choices and Decisions lead to Good Spiritual Karma
18. Unmindful Spiritual Choices and Decisions lead to Bad Spiritual Karma
19. Human Beings are living a Spiritual Experience
20. All Spiritual Choices & Decisions matter in Everyday Life
21. Your future is created by Spiritual Choices and Decisions you make today
22. Everyday Matters – You can create your Future
23. You are the Author of your Life, every day you are writing pages of your life through Spiritual Choices and Decisions
24. Your life can not change unless you make a choice and decision to change
25. Spiritual Change your Thoughts and Thinking, Spiritual Change your life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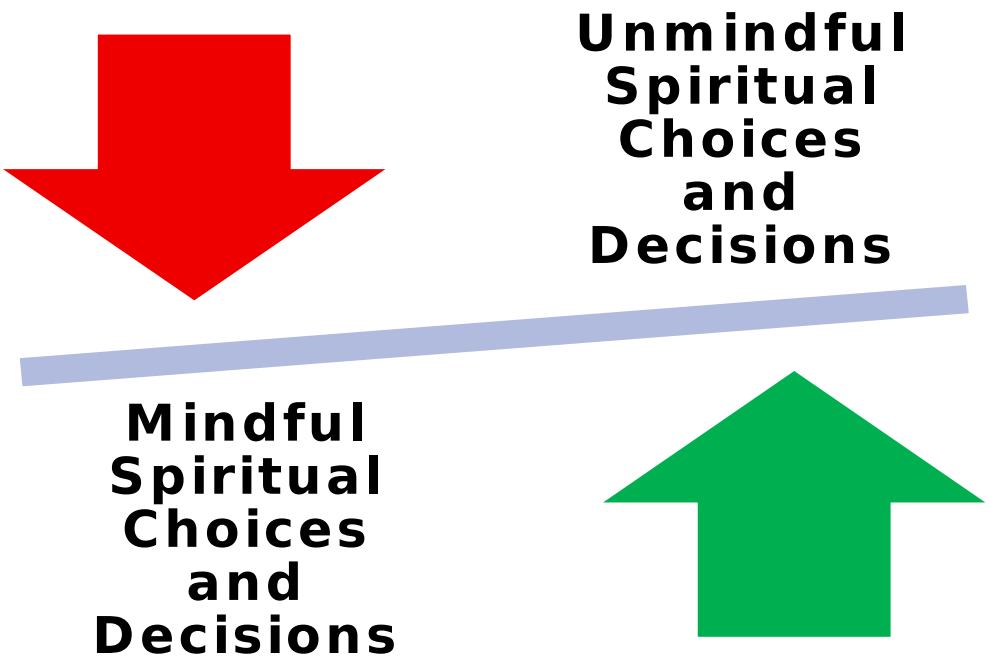
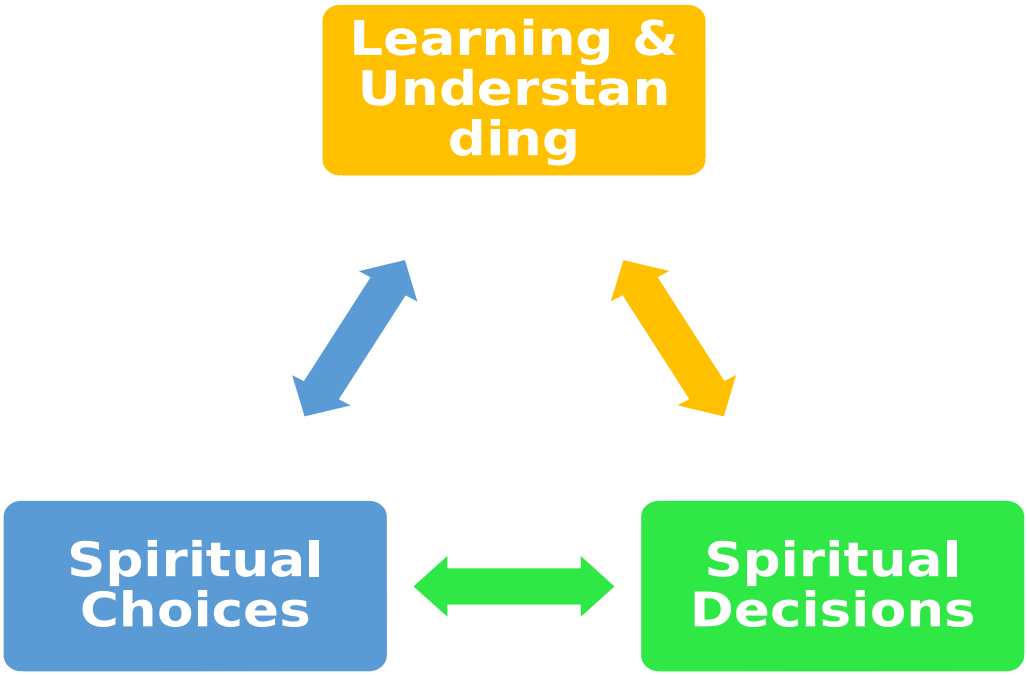
Spiritual Actions
Spiritual Intentions
Spiritual Decisions
Spiritual Choices
Spiritual Thoughts and Spiritual Thinking


Unmindful Spiritual Choices and Decisions
Mindful Spiritual Choices and Decisions



Readers what I want you to understand is that Learning from Spiritual Choices and Decisions will be the most important thing to discover in life.

Spiritual Life Experiences are Spiritual Life Lessons

I want you to understand that Spiritual Life Experiences will lead to your Future.

You are the Author of your life and you can create anything you want in your life.

Remember that everything starts from Thoughts and Thinking.

If you Spiritual Change your Thoughts and Thinking – You Will Spiritual Change Your Life.

Spiritual Life Experiences are created by Spiritual Choices and Decisions

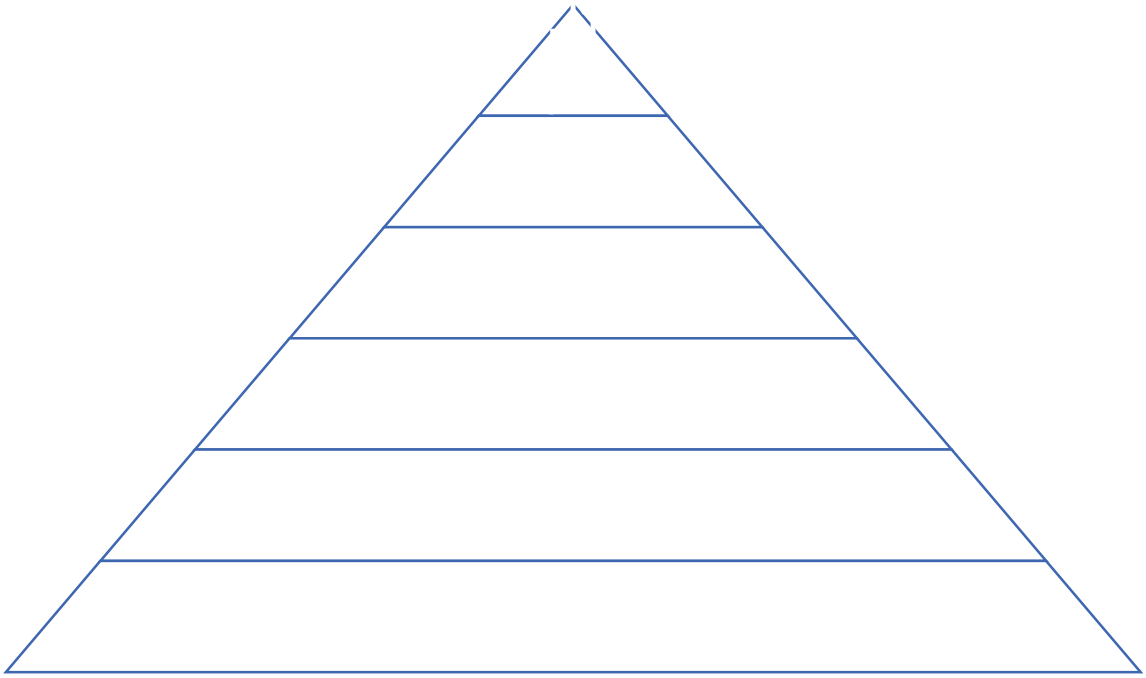
Everything in life is created by Thoughts and Thinking that come into the Mind – The Mind will make a choice

and decisions on the Thoughts and Thinking- This will create an Intentions and Actions

What become very important about Spiritual Choices and Decisions is that it comes from within you and you’re the only one that can change it

All Spiritual Choices and Decisions will make your Spiritual Life Experience

The Future is Now – Through the Spiritual Choices and Decisions you make Today



If you want to discover Faith – Spirituality – Religion – Nature – Truth then you need to go through Spiritual Change within Psyche and Psychological Mind which will help you to learn about No Self & Selflessness.

Your Spiritual Choices and Decisions come from a Spiritual Change within yourself.

What become very difficult in life is that you need to Spiritual Change yourself to make the Mindful Spiritual Choices and Decisions.

No Self – Selflessness – Know Thyself is Spiritual Change

If you don’t discover the importance in Spiritual Choices and Decisions within life, you will never learn about No Self – Selflessness – Know Thyself.

It is important to learn that Spiritual Choices and Decisions will lead to No Self – Selflessness – Know Thyself.

Readers, I want you to understand that this is part of Spiritual Transformation by making Mindful Spiritual Choices and Decisions.

No Self – Selflessness – Know Thyself is Faith – Spirituality – Religion – Nature – Truth

Jehovah – Jesus Christ – Buddha want you to make Spiritual Choices and Decisions which will help you Know thyself – No Self – Selflessness.

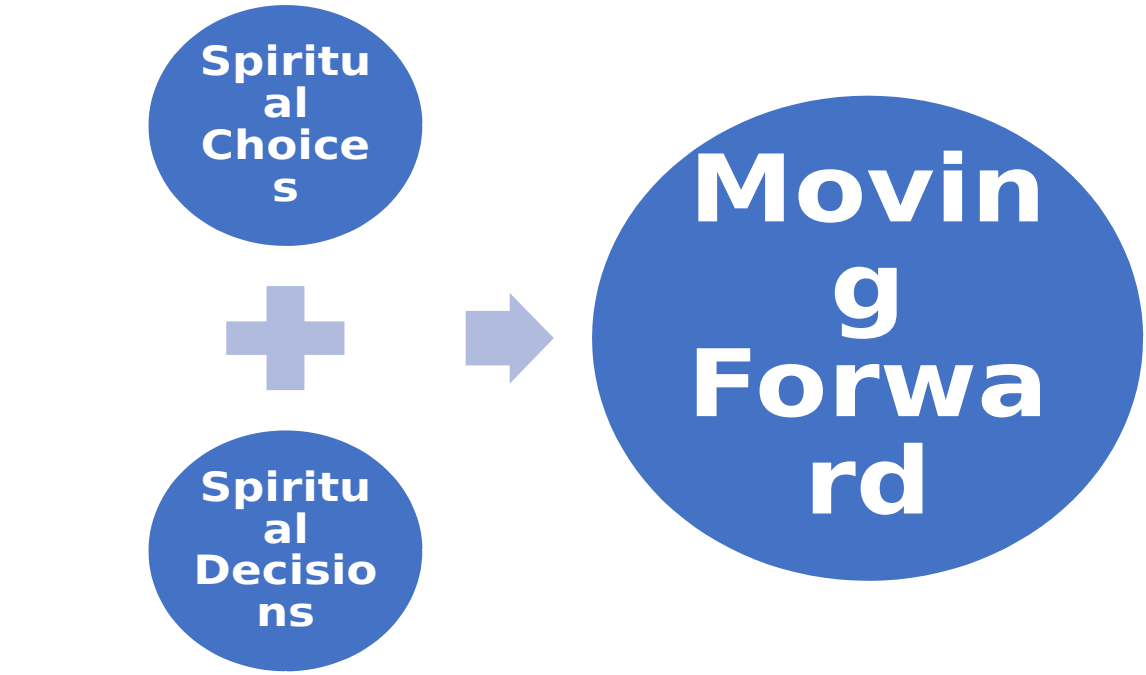
Spiritual Change is the Transformation you can learn and understand through Spiritual Choice and Decisions.

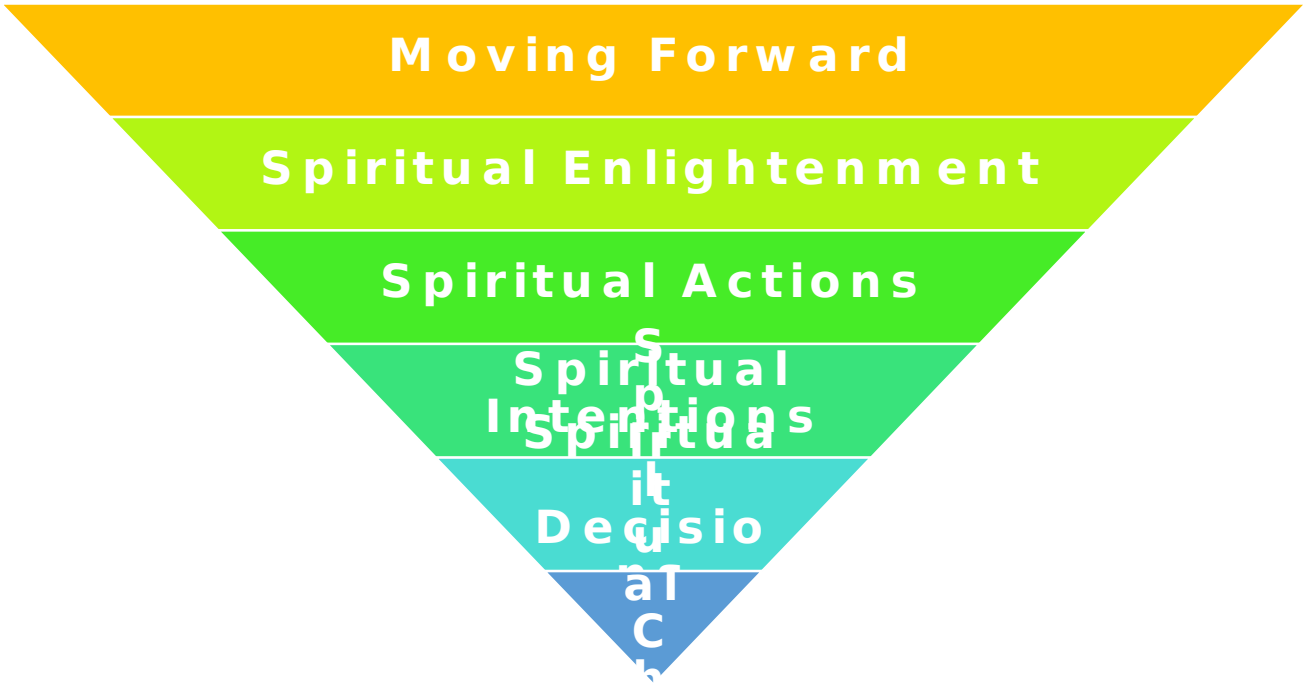
Spiritually Change your Thoughts and Thinking – Spiritually Change Your Life.

Learn from all Spiritual Life Experiences

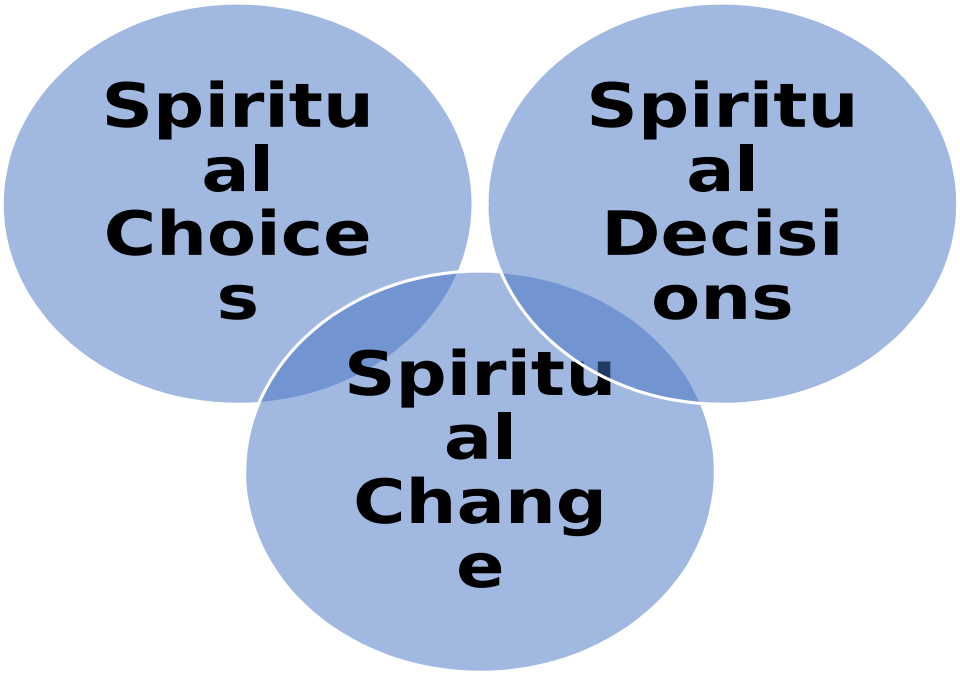
Your Spiritual Choices and Decisions create your Future

Life is Moving Forward making the Spiritual Choices and Decisions that will help you to move forward


Spiritual Choices
Spiritual Decisions
Moving Forward


Moving Forward
Spiritual Enlightenment
Spiritual Actions
Spiritual Intentions
Spiritual Decisions

No Self & Selflessness
Know Thyself
Spiritual Change
Spiritual Awakening
Spiritual Transformation
Moving Forward
Spiritual Enlightenment


Spiritual Choices
Spiritual Decisions
Spiritual Change

Chapter 7 - Learning Is Everything in Spiritual Choices & Decisions

Learning Is Everything in Spiritual Choices and Decisions. When you understand that Spiritual Choices and Decisions come from learning and understanding of your Spiritual Life Experiences then your life slowly beginning to go through Spiritual Change and Spiritual Awakening.

Learning and Understanding Spiritual Choices and Decisions make the massive difference to Spiritual Life Experiences.

Learning and understanding are important for Spiritual Development and Life Progression because the more you learn about Spiritual Choices and Decision the more spiritual and faithful you become.

In life we are learning Spiritual Life Lessons to move us forward in life but this has an importance with your Spiritual Choices and Decisions.

You cannot change your life without making a Spiritual Choice and Decision to change your life.

Spiritual Choices and Decisions make up your Spiritual Life Experiences in who you’re trying to become within the world & society.

In Spiritual Choices and Decisions, you learn from Everyday Spiritual Life Experiences which is always teaching and helping you to learn Spiritual Life Lessons.

Sometimes with the world & society people are too busy to learn the Spiritual Choices and Decisions they need to make for our personal life to become spiritual and faithful due to the busy world of our civilisation.

This can become very challenging for human beings who want to make Spiritual Choices and Decisions to live differently, to become different and don’t live like people who don’t want to make Spiritual Choices and Decisions.

Sometimes learning from Spiritual Life Experience is what going to make you reach a whole new level when it comes to Spiritual Choices and Decisions.

I am not saying that Spiritual Choices and Decisions will be easy for human beings to do because these are Spiritual Choices and Decisions that change your Spiritual Life Experiences which is very difficult to learn.

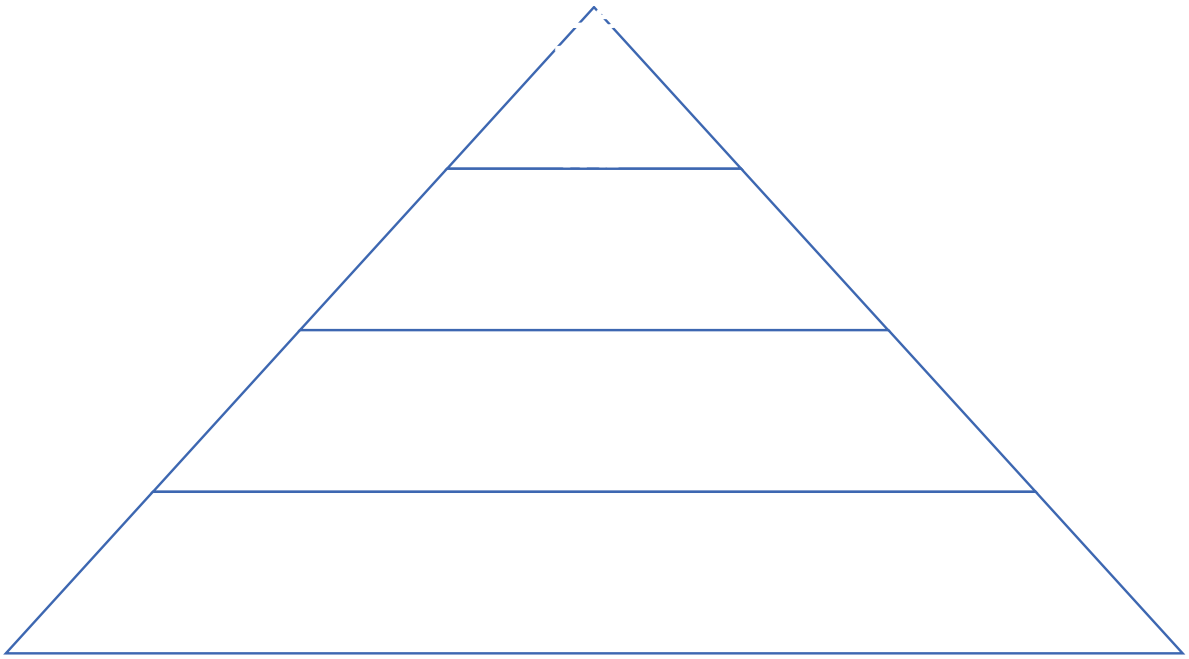
Mindful Spiritual Choices and Decisions lead to Good Spiritual Karma

Unmindful Spiritual Choices and Decisions lead to Bad Spiritual Karma

Learning Is Everything when it comes to Spiritual Choices and Decisions. Your Spiritual Life Experiences can become completely difference if you spend the time learning and understanding Spiritual Choices and Decisions.

Mindful Spiritual Choices
Mindful Spiritual Decisions
Good Spiritual Karma

Unmindful Spiritual Choices
Unmindful Spiritual Decisions
Bad Spiritual Karma



Spiritual Choices and Decisions will help you to learn Spiritual Learning and Spiritual Understanding in everyday life. Spiritual Choices and Decisions will become once you have Spiritually Change your Psyche & Psychological Mind.

Mindful Spiritual Choices and Decisions make you Spiritual Free and Spiritual Liberated

Unmindful Spiritual Choices and Decisions make you Misery, depressed, unhappy.

Learning is Everything in Spiritual Choices and Decision and also the Spiritual Life Experiences you learn as a Results of your Spiritual Actions.

Sometimes because people are unmindful about the choices and decisions, they may live life with depression, unhappiness, sadness, despair because of some of the choices and decisions they made within the past which has led to Bad Spiritual Karma.

But there are a few human beings who have made wrong or negative choices and decisions but still manage to perseverance and be persistence during all of Spiritual Life Experiences which means they can live more Spiritual Free and Spiritual Liberated.

Sometimes with Spiritual Choices and Decisions we will learn as we go through life and that doesn't mean we made mindful or unmindful Spiritual Choices and Decisions it just means where able to manage Spiritual Life Experiences as they come to us within our lives because we gone through Spiritual Change of the Psyche and Psychological Mind.

Millions of people don't' understand that Spiritual Life Experiences comes from Spiritual Choices and Decisions you make throughout your life and that become a very faithful and spiritual part of life experience.

Learning is the secrets to Spiritual Transformation and Spiritual Enlightenment. If you Spiritually Change your life, you will Spiritually change your living and this become very important in Faith – Spirituality – Religion.

Spiritual Change is important in life because you need to become a different person before you can learn how to do Spiritual Choices and Decisions which leads to Spiritual Intentions and Spiritual Actions of Daily Living.

It important to learn that nothing changes without you change first.

If you had Bad Spiritual Karma or Good Spiritual Karma you will still need to make Spiritual Choices and Decisions everyday of your life because as human beings living in the world & society the power is that we are LIVING which is very spiritual and faithful and sometimes for different people can become truthfully.

It is hard to make Spiritual Choices and Decisions when then the world & society want to keep you living in a certain way and mentality which can become a very difference and challenging thing to overcome for yourself.

Learning Spiritual Choices and Decisions is how you created a Future that you want to live because something in life we may not go down the path of what Family, Friends, Spouse, Partners, Children, Husband, Wife, Society, The World want us to go down.

But as you learn through Spiritual Life Experiences this will teach you the Spiritual Path for your life which we all need to discover. I am not saying you can’t change your life if you had Good Life Experience or Bad Life Experiences.

Learning is Everything with Spiritual Choices and Decisions but truthfully your World Perspective make you see if you choose Mindful Spiritual Choices and Decisions or Unmindful Spiritual Choices and Decisions.

Life doesn’t have a Right or Wrong Manual of how your met to live because that wouldn’t be right in the whole aspect of living.

Normally you’re learning as you’re going through Life and each Spiritual Life Experience will teach you Spiritual Lessons along your Journey.

That is why in this Spiritual Guide I only Guiding the readers to find it for themselves.

We all need to learn from Spiritual Life Experiences and Grow and Develop within our own Life Journey. This is a part of living your life.

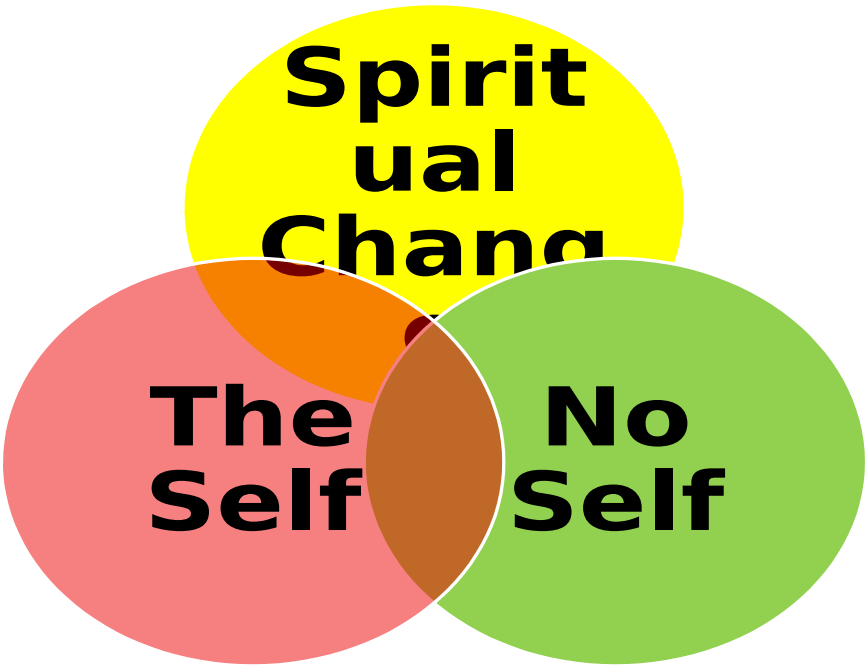
Spiritual Choices and Decisions is different for every human being due to their own living, circumstances, situations. So, everyone will have their own Worldview of their perceptions of reality which can be true or false depending on your own perceptions of the world & society. I am not saying there is like right or wrong worldview of reality because that not correct.

No Human Beings know their Future or Future Dreams or Future Desire when they are born into life.

As I have said through Books, Audio, Videos, Messages we are all discover who we are through daily life itself.

Sometimes for few human beings who go on a Spiritual Change of the Psyche and Psychological which is a Spiritual Transformation of “THE SELF to NO SELF”.

That when we start learning about Faith – Spirituality – Religion but in our own ways which is told by somebody else. We discover ourselves.



Learning is Everything in Spiritual Choices and Decisions for individual and human being who want to discover Spiritual Change – Faith – Spirituality – Religion.

People who are very busy with daily activities will not see the simplicity of Spiritual Choices and Decisions due to daily living.

We can understand some human beings who have made Spiritual Choices and Decisions due to their own Faith – Spirituality – Religions that they discover within themselves but that doesn’t mean other people cannot discover it for themselves.

Life is always moving forward into the future and your Spiritual Choices and Decisions today will make the difference within how you move forward into the Future.

I am not saying you cannot enjoy Spiritual Life Experiences and not find pleasure in doing daily activities which is ok and fine for some human beings.

But if you want to find your own Faith – Spirituality – Religion that is not based on someone teaching you or showing you then you need to develop your own Learning and Understanding of Spiritual Life Experiences. Whether you make Mindful Spiritual Choices and Decisions or Unmindful Spiritual Choices and Decisions.

You cannot change your life experience just by see and observe that it needs to be changed. Nothing in life works in that why at all. If you want your life to Spiritually Change you will need to Spiritually Change “The Psyche” and “Psychological Mind”.

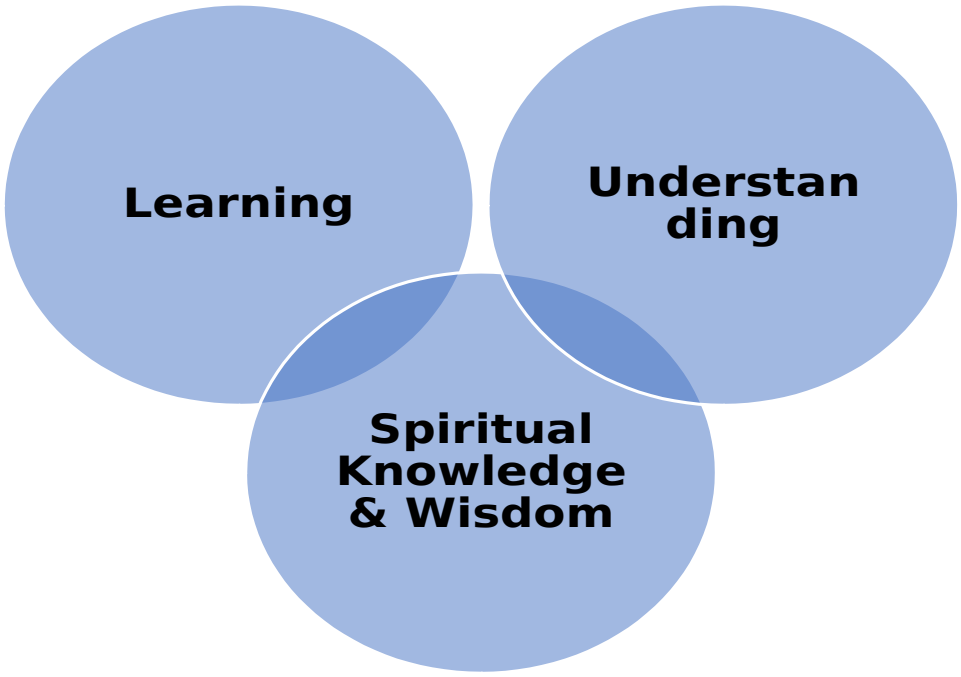
The Importance Learning Is Everything in Spiritual Choices & Decisions

1. It is important to Spiritually Learn from every Spiritual Choices and Decisions
2. Learning Is Everything in Spiritual Choices and Decisions
3. Your Spiritual Life Experiences are made up from Spiritual Choices and Decisions
4. Spiritual Choices and Decisions will lead to Spiritual Intentions and Spiritual Actions
5. Learning is the secrets to Spiritual Life Development
6. Spiritually Change Your Thoughts & Thinking – Spiritual Change Your Life
7. Learning and Understanding is how you make Mindful Spiritual Choices and Decisions
8. Unmindful Spiritual Choices and Decisions will lead to Depression, anxious, misery, sadness

9. Your Spiritual Life Experiences is made up of your Spiritual Choices and Decisions
10. Learning and understanding are important in Spiritual Transformation
11. Jesus Christ – Jehovah – Buddha want you to Learn from Spiritual Choices and Decisions
12. Spiritual Choices and Decisions will help you find Faith – Spirituality – Religion
13. Your Spiritual Life Experiences is important to your Spiritual Learning and Spiritual Understanding
14. Learning from Spiritual Choices and Decisions will help you Spiritual Life Experiences
15. Nothing in life changes, unless you Spiritually Change by making Spiritual Choices and Decisions
16. You need to learn and understand that your Spiritual Choices and Decisions is important in everyday life
17. Life will Move Forward into the Future with Spiritual Choices and Decisions
18. If you understand the Spiritual Choices and Decisions, you make it life then you understand your Spiritual Life Patterns
19. All Learning and Understanding is Cause and Effects. The better you understand yourself as a Human Being then better Spiritual Choices and Decisions you will make in life
20. Learning & Understanding is the secret to Knowledge & Wisdom
21. Jesus Christ – Jehovah – Buddha want you to make Spiritual contributions in Helping Other People but you have to make the right Mindful Spiritual Choices and Decisions
22. Learning Every day is how you gain Spiritual Knowledge & Wisdom

23. Having a Spiritual Insight to your Spiritual Choices and Decisions will make you Smarter and Wiser

24. Learning Is Everything in Spiritual Choices and Decisions because there are Spiritual Life Lessons you need to learn and understand for your life



Readers, I want you to understand that spending time to Learn from Spiritual Choices and Decisions is everything the more you learn is the better you become as a human being and individual. You need to understand that Spiritual Choices and Decisions.

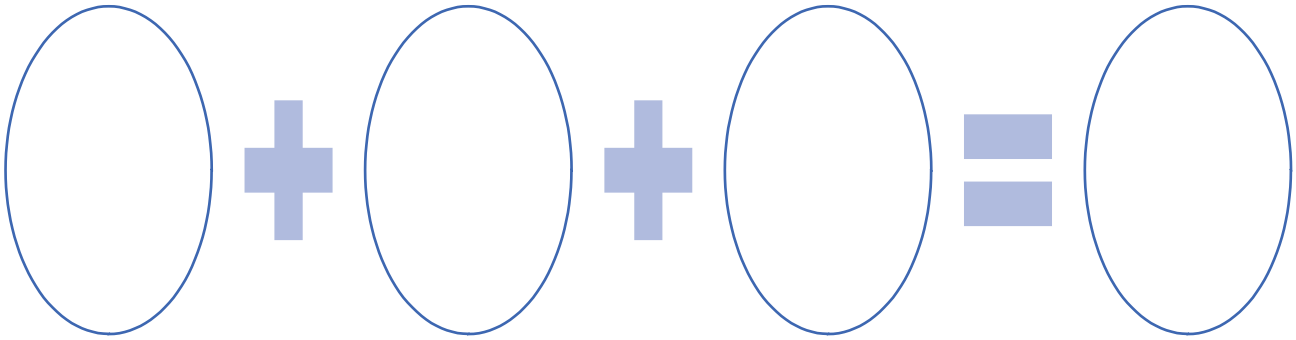
Learning is the process of Self Mastery – Your Spiritual Choices and Decisions will help you to discover your Self Mastery.

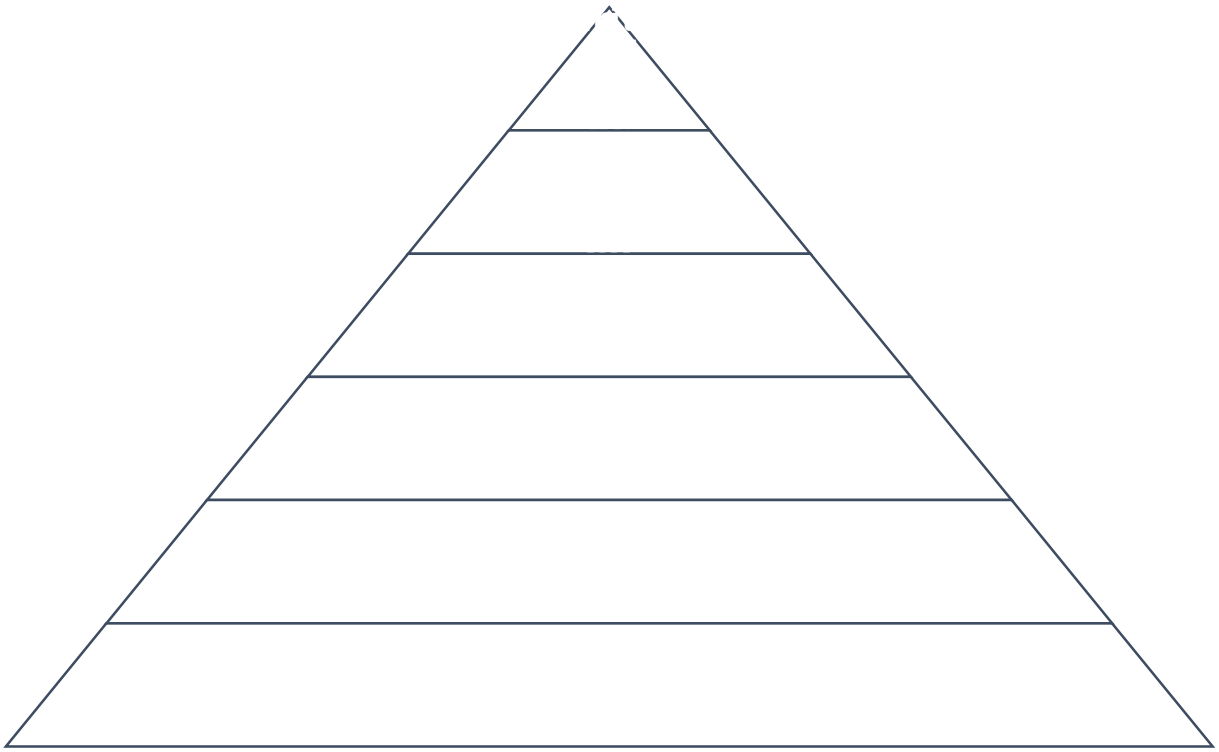
It is important to realise that you’re the Author of your life and you can become anything you want to be to live the life your dreams of.

I want to encourage the readers to make more Spiritual Choices and Decisions and learn every day from Spiritual Life Experiences.

Focus on your Learning and Spiritual Education which is very important.

Remember Learning is Everything with Spiritual Choices and Decisions and sometimes in life you are going to learn more about yourself from Spiritual Life Experiences.





Learning Is Everything in Spiritual Choices & Decisions

1. Focus on the Learning from Spiritual Choices and Decisions
2. Learning & Understanding is the Secret in Life
3. Spiritual Choices and Decisions will give you Knowledge & Wisdom and Spiritual Insights
4. Life is met to be lived to be understood
5. Focus on Spiritual Education – Learning – Understanding
6. Move Forward with Mindful Spiritual Choices and Decisions
7. Unmindful Spiritual Choices and Decisions will lead to Misery, Depression, unhappiness, sadness
8. Mindful Spiritual Choices and Decisions will lead to Joy, Fulfilment, Happiness, Freedom, Liberation
9. Living is the Secrets to your Spiritual Choices and Decisions
10. Jesus Christ – Jehovah – Buddha will help you to make the Mindful Spiritual Choices and Decisions
11. Spiritually you can change your past from making Mindful Spiritual Choices and Decisions
12. Move Forward is Everything to reach you Future
13. THE FUTURE IS CREATED – With Spiritual Choices and Decisions
14. Learning & Understanding will give you Spiritual Knowledge & Wisdom to make Mindful Spiritual Choices and Decisions
15. Mindful Spiritual Choices and Decisions lead to Good Spiritual Karma
16. Unmindful Spiritual Choices and Decisions lead to Bad Spiritual Karma

17. You are the Author of your Spiritual Life Experiences – Learning is Everything in Spiritual Choices and Decisions
18. Be Kind & Patience with Yourself when make Spiritual Choices and Decisions
19. Your Spiritual Actions is a Result of your Spiritual Choices and Decisions
20. Learn – Grow – Develop – Achieve

Chapter 8 - Spiritually Change Your Choices & Decisions - Spiritually Change Your Life

Spiritually Change Your Choices and Decisions – Spiritually Change Your Life is very important because your Spiritual Choices and Decisions will affect your Fate and Destiny in Life. If you make Mindful Spiritual Choices and Decisions it will leads to Good Spiritual Karma. If you make Unmindful Spiritual Choices and Decisions it will leads to Bad Spiritual Karma. Your Spiritual Life Experiences comes from your Spiritual Choices and Decisions.

If you think about who you want to become in life and take the right Spiritual Choices and Decisions to help you reach your Dreams and Desires this will Spiritually Change Your Life.

Your Life changes when you take Spiritual Actions towards your Dreams and Desires through Spiritual Choices and Decisions.

Spiritually think about what Spiritual Choices and Decisions will improve your Spiritual Life Experiences. When you become more Spiritual and Faithful then you will make Mindful Spiritual Choices and Decisions.

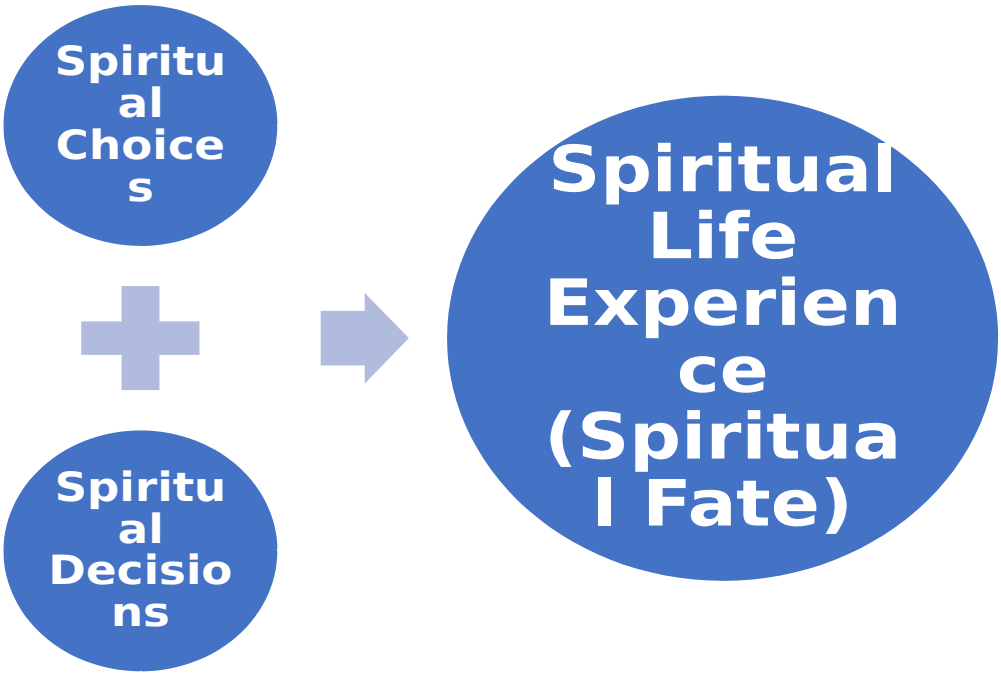
Your Spiritual Life Experiences is a Reflections of Spiritual Choices and Decisions you have made in the Past – Present – Future.

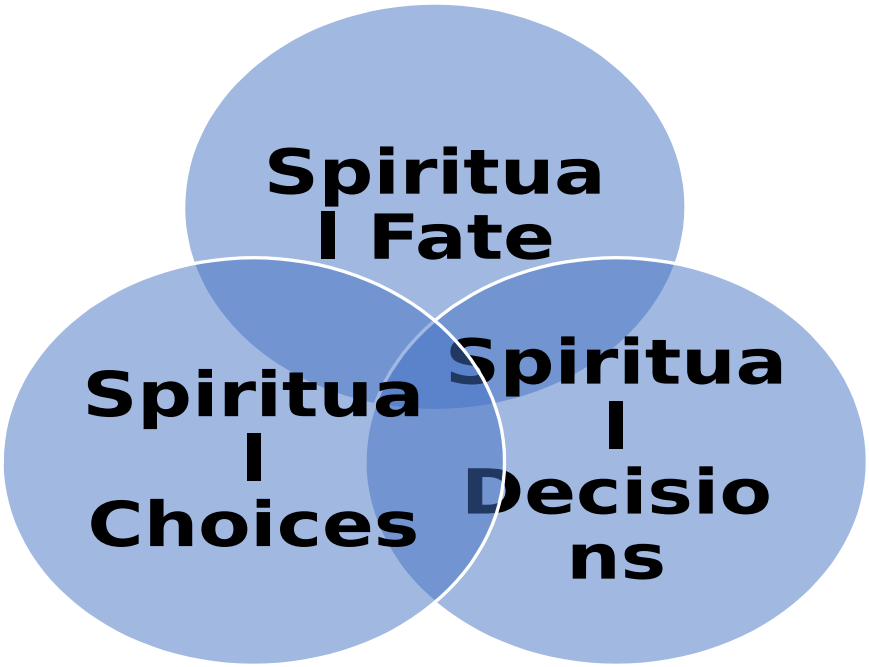
All Spiritual Choices and Decisions make your Destiny and Fate if you want your life to changes then you need to make more Spiritual Choices and Decisions towards your Spiritual Path in life.

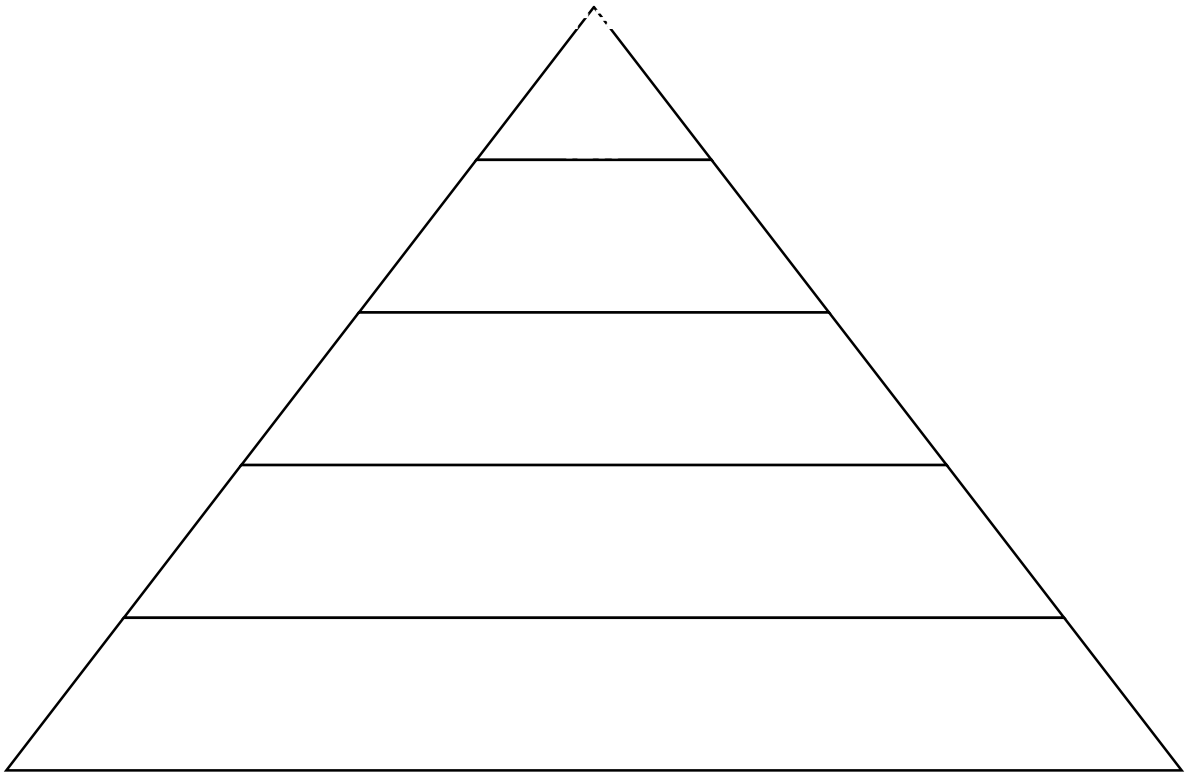
Jesus Christ – Jehovah – Buddha want your life to Spiritually Change but this can only happen when you take Spiritual Actions towards your Spiritual Life Path.

All Human Beings need to discover their Spiritual Life Purpose, Spiritual Calling, Spiritual Divine Assignment in Life which Jesus Christ – Jehovah – Buddha will show you.

If you Spiritually Change your life then your Spiritual Actions will change and you will live more in Alignment of Spiritual Life Purpose and Spiritual Calling.


Spiritual Choices
Spiritual Decisions
Spiritual Life Experience (Spiritual Fate)

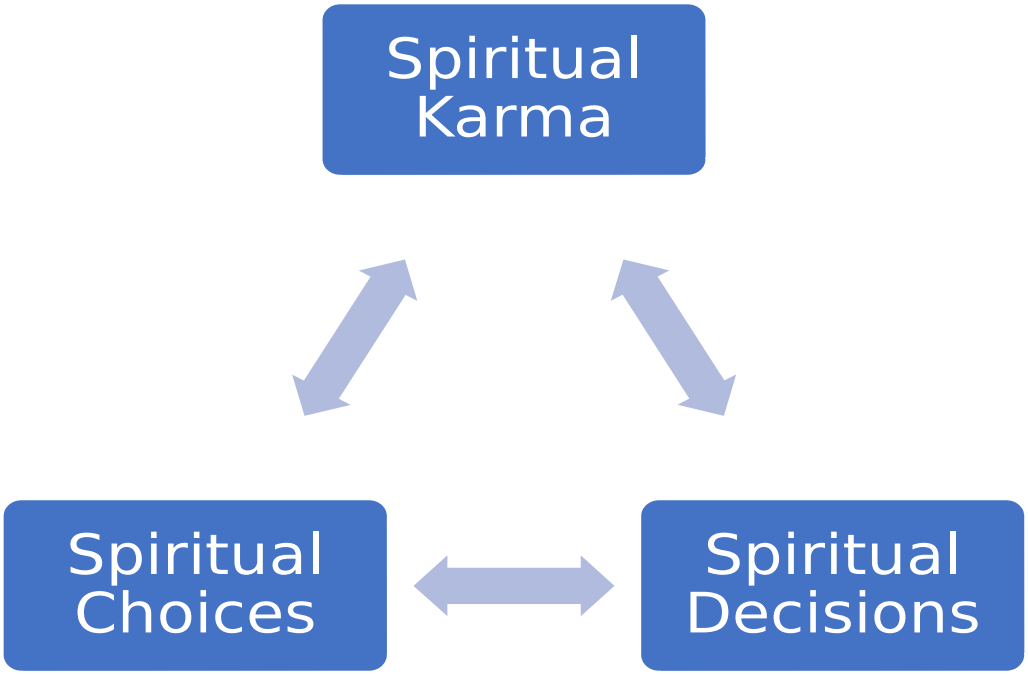

Spiritual Fate
Spiritual Choices
Spiritual Decisions

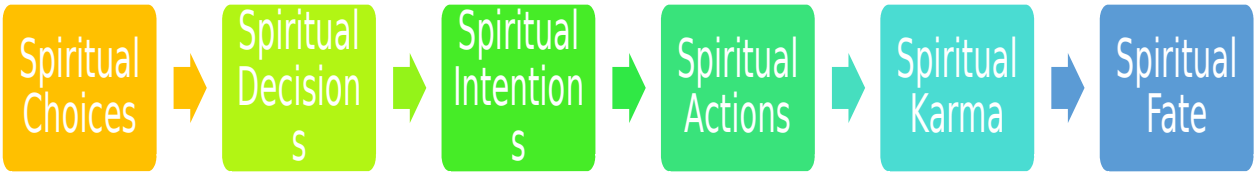


The Importance of Spiritually Change Your Choices & Decisions - Spiritually Change Your Life

1. If you Spiritually Change your Choices and Decisions, you will Spiritually Change Your Life
2. Everything in Life comes from a Spiritual Choices and Decisions
3. Spiritual Change will help you to make Spiritual Choices and Decisions
4. You can Spiritually Change Your Life through Spiritual Actions and Spiritual Intentions
5. Spiritual Life Transformation comes from Spiritual Choices and Decisions you make to Spiritually Change your life
6. Your Spiritual Choices and Decisions is Everything in Spiritual Life Development

7. Learning and Understand your Spiritual Life Experiences Will Spiritually change your Spiritual Choices and Decisions
8. Life is Moving Forward into the Future; Your Spiritual Choices and Decisions will determine your Fate and Spiritual Karma
9. Spiritual Karma is based on Mindful or Unmindful Spiritual Choices and Decisions
10. Spiritually Changing Your Life is Everything to Jesus Christ – Jehovah – Buddha
11. Jesus Christ – Jehovah – Buddha want you to Spiritually Change your life
12. Spiritually Changing Your Life through Spiritual Choices and Decisions
13. Spiritual Life Experiences comes from Spiritual Choices and Decisions
14. If you want to live a more Faithful, Spiritual, Truthful Life you need to Spiritually Change your Choices and Decisions
15. All Spiritual Choices and Decisions will lead to Fate and Destiny





Mindful Spiritual Choices and Decisions will Spiritually Change Your Life and Spiritual Karma this is very important to learn and understand. In life we are all born into the world to learn and understand Spiritual Life Experiences. If you want to find Faith – Spirituality – Religion – Truth – Nature then you need to make Mindful Spiritual Choices and Decisions.

It is very important to be Mindful about your Spiritual Choices and Decisions because this will have a affect on Your Spiritual Karma and Spiritual Fate.

Life is always Moving Forward into the Future and Your Spiritual Choices and Decisions (Mindful or Unmindful) will have a affect on your Spiritual Destiny which is very important.

Jesus Christ – Jehovah – Buddha gives all human beings the opportunites to make Spiritual Choices and Decisions but the important thing is the Spiritual Life Experiences you learn from Spiritual Choices and Decisions.

Readers please remember Spiritually Change Your Life through Spiritual Choices and Decisions you make today.

All Spiritual Choices and Decisions lead into the Future and will show your Dentisy.

If you have gone through Suffering Pain Adversities and want to change your life for the better then you need to make Mindful Spiritual Choices and Decisions and take Spiritual Actions toward bettering your Spiritual Life Experiences

Your Spiritual Karma is shaped by Spiritual Actions you take.

Please make sure readers you take Mindful Spiritual Choices and Decisions because this will be very important for your Spiritual Fate and Spiritual Karma.

Learning Everyday from Spiritual Life Experiences will help you to make Spiritual Choices and Decisions towards your Destiny.

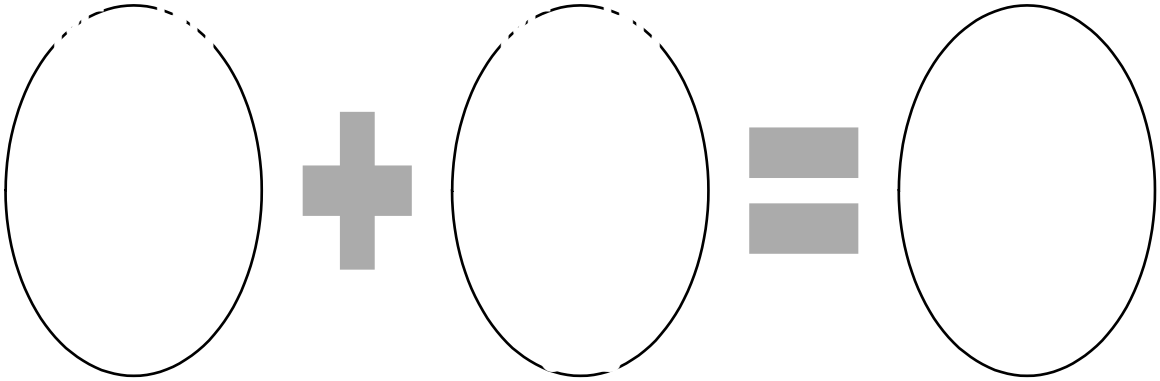
Spiritual Fate is your Spiritual Karma

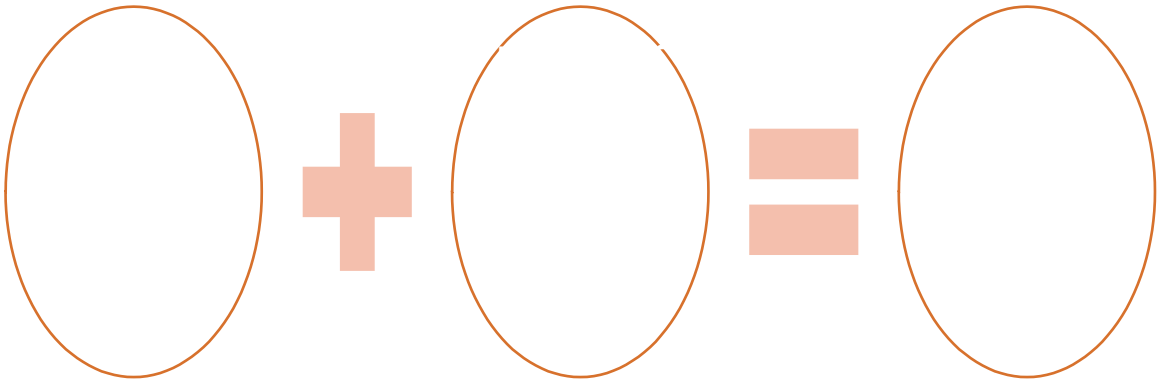
Mindful Spiritual Choices and Decisions leads to Good Spiritual Karma

Unmindful Spiritual Choices and Decisions Leads to Bad Spiritual Karma

Remember Readers you are the Author of Your Life Experiences.

Choose the Right Spiritual Choices and Decisions Wisely.





Spiritually Change Your Choices & Decisions - Spiritually Change Your Life

1. Spiritually Change Your Choices and Decisions – Spiritually Change Your Life
2. Your Spiritual Fate & Spiritual Destiny is created by Spiritual Choices and Decisions
3. Spiritually Learning and Understanding from Spiritual Choices and Decisions is Everything
4. Spiritual Life Experiences comes from Spiritual Choices and Decisions
5. Mindful Spiritual Choices and Decisions will lead to Good Spiritual Karma

6. Unmindful Spiritual Choices and Decisions will lead to Bad Spiritual Karma
7. Spiritual Energy – Spiritual Fate – Spiritual Destiny – Spiritual Actions
8. The Future is Created today through Spiritual Choices and Decisions
9. Spiritual Life Experiences is created by Spiritual Choices and Decisions
10. Jesus Christ – Jehovah – Buddha want you to Spiritually Change your life through Spiritual Choices and Decisions

Chapter 9 - Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heard Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ – Jehovah - Buddha for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment

Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in

2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 – present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian Walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life

spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ – Jehovah - Buddha – This has become the most important thing in my life to learn and understand Jesus Christ – Jehovah - Buddha. My faith, Spirituality, and Christianity & Buddhism are very important to me, and being with Jesus Christ – Jehovah - Buddha makes me Spiritual. Being a Christian and learning about Faith, Spirituality, Buddhism Christianity has become everything to me and more. My love and devotion for Jesus Christ – Jehovah - Buddha is everything and that is why I can be an Evangelist, Activist, Teacher in Faith, Spirituality, Buddhism, Christianity.

My spiritual heroes are very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel

inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, Buddhism, Christianity and become the person you want to be.

Christopher Liam Rose Books

1) Christopher Liam Rose Life Story (Part 1)
2) Be What You Want to Be
3) The 15 Successful Habits
4) Selfless
5) Anointing
6) Life Purpose
7) Helping Other People
8) Giving Without Receiving
9) Fulfillment
10) Learn
11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
12) The Evangelism Ministry
13) Learning Is a Part of Living
14) The Self Is the Problem
15) I Don't Want
16) No Self

17) Miracles
18) Christopher Liam Rose Journal 2015 – 2016
19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 - 2017
20) Losing, Sacrificing, Suffering
21) Observation
22) Christopher Liam Rose Testimony
23) SGR BOOKS – Christopher Liam Rose Music Discography
24) Christopher Liam Rose Journal 2018 -2019
25) Christopher Liam Rose Life Story (Part 2)
26) Christopher Liam Rose Life Story (Biography)
27) Imperfection To Perfection (Repentation)
28) Christopher Liam Rose Journal 2019
29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)
30) Losing Is Inevitable
31) Christopher Liam Rose Life Story (Part 3)
32) 4 Levels of Helping Other People
33) 4 Levels of Helping Other People (Complete Version)
34) Overcoming Adversity – Life Challenges – Life Problems #OALCLP
35) How To Overcome Suffering #HTOS
36) Pay The Price #PTP
37) 5 Spiritual Practices #5SP
38) No Self Explained #NSE
39) Spiritual Change #SC
40) Poetry (Volume 1) #PV1
41) How To Overcome Overthinking – Ruminating – Negative Thinking #HTOORNT
42) 5 Levels of Helping Other People #5LOHOP
43) Spiritual Choices and Decisions #SC

Christopher Liam Rose Social Media Websites

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Twitter - https://x.com/ChrisRose091188

Instagram - https://www.instagram.com/christopherliamrose/?hl=en

LinkedIn - https://www.linkedin.com/in/christopherliamrose/

Pinterest - https://www.pinterest.co.uk/christopherliamrose/

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Christopher Liam Rose Websites:

Christopher Liam Rose Music - https://christopherliamrosemusic.com/

Christopher Liam Rose Journal - http://christopherliamrosejournal.com/